Name:			Grading Quarter:	Week 7 Begir	Seginning:	
Colton Merrill, ATC, CPT			4	April 28 th , 2	il 28 th , 2025	
School Year: 2024-2025			Subject: Sports Med 3- NASM Personal Training			
Monday	Notes:	covered in the NAS program design, as study sessions, pra identify areas for i ensure readiness f Lesson Overview:	w and reinforce their kno SM curriculum, including ssessments, and client int actice quizzes, and group mprovement and develop or the NASM Personal Tra for Certification exam	Academic Standards: All Standards		
Tuesday	Notes:	covered in the NAS program design, as study sessions, pra- identify areas for i ensure readiness f Lesson Overview:	ssessments, and client int actice quizzes, and group	anatomy, exercise technique, eraction. Through structured discussions, students will o effective study strategies to	Academic Standards: All Standards	
Wednesday	Notes:	Objective: Students will review and reinforce their knowledge of key concepts covered in the NASM curriculum, including anatomy, exercise technique, program design, assessments, and client interaction. Through structured study sessions, practice quizzes, and group discussions, students will identify areas for improvement and develop effective study strategies to ensure readiness for the NASM Personal Training Final Exam Lesson Overview: Study and practice for Certification exam			Academic Standards: All Standards	
Thursday	Notes:	covered in the NAS program design, as study sessions, pra identify areas for i ensure readiness f Lesson Overview:	ssessments, and client int actice quizzes, and group	anatomy, exercise technique, eraction. Through structured discussions, students will o effective study strategies to	Academic Standards: All Standards	

Friday	Notes:	Objective: Students will review and reinforce their knowledge of key concepts covered in the NASM curriculum, including anatomy, exercise technique, program design, assessments, and client interaction. Through structured study sessions, practice quizzes, and group discussions, students will identify areas for improvement and develop effective study strategies to ensure readiness for the NASM Personal Training Final Exam Lesson Overview: Study and practice for Certification exam	Academic Standards: All Standards
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