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| Name: Colton Merrill, ATC, CPT | | Grading Quarter: 1 | Week 8 Beginning: May 5 th , 2025 |
| School Year: 2024-2025 | | Subject: Sports Medicine and Rehabilitation Year 1 | |
| Monday | Notes: | <p>Objective:</p> <ol style="list-style-type: none"> 1. Define terminology and demonstrate knowledge. 2. Identify all sections of My Plate and explain relationship to meeting nutritional needs. 3. Examine MY PLATE and Food Pyramid to discover how they complement each other. 4. Create nutritionally balanced breakfast, lunch, and dinner meal using the MY PLATE model. <p>Lesson Overview: Unit 15 Lesson 1 Nutrition, My plate</p> | <p>Academic Standards:</p> <p>3.1 3.3</p> |
| Tuesday | Notes: | <p>Objective:</p> <p>Define terminology. Identify the six major types of nutrients and determine best sources of each major nutrient.</p> <p>Lesson Overview:</p> <p>Lesson 2 The Six Nutrients</p> | <p>Academic Standards:</p> <p>3.1 3.3</p> |
| Wednesday | Notes: | <p>Objective:</p> <ol style="list-style-type: none"> 1. Define and use terminology in correct context. 2. Calculate amount of calories to maintain, lose, or gain weight. 3. Calculate BMI 4. Determine healthy weight range for height using different tools. <p>Lesson Overview: Lesson 3 PATH TO MAINTAINING A HEALTHY WEIGHT</p> | <p>Academic Standards:</p> <p>3.1 3.3</p> |
| Thursday | Notes: | <p>Objective:</p> <p>Demonstrate knowledge of the importance of regular exercise in maintaining a healthy weight. Create plan for a healthy diet and exercise program.</p> <p>Lesson Overview: Lesson 4 Tracking Your Diet and Exercise</p> | <p>Academic Standards:</p> <p>3.1 3.3</p> |

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| Friday | Notes: | <p>Objective:</p> <p>Define terminology and demonstrate knowledge.</p> <p>Identify contributing factors to body image and assess their own body image.</p> <p>Identify the different eating disorders and the health consequences.</p> <p>Lesson Overview:</p> <p>Lesson 5 Body Image and Eating Disorders</p> | <p>Academic Standards:</p> <p>3.1</p> <p>3.3</p> |
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