

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 1	Week Beginning: Week 7 - 9/11 - 9/15
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 2	
M o n d a y	Notes:	<p>Objective: To more effectively understand human movement and to design efficient exercise programs, it is important to view muscles' capacities to function in all planes of motion and through the entire muscle action spectrum (eccentric, isometric, concentric). Define and differentiate the interaction between two entities or bodies that results in either the acceleration or deceleration of an object.</p> <p>Lesson Overview: LESSON 4 Functional Anatomy of Muscles LESSON 5 Muscular Force</p>	Academic Sports Med CTE Standards: 2.2
T u e s d a y	Notes:	<p>Objective: Study motor behavior and examine the manner by which the nervous, skeletal, and muscular systems interact to produce skilled movement using sensory information from internal and external environments Summarize how the first law of thermodynamics governs energy usage. Describe the energy systems of the human body. Identify how each macronutrient can be used as a fuel source. Integrate the concepts of energy balance in relation to body composition management. Identify how to efficiently fuel the body in relation to activity intensity.</p> <p>Lesson Overview: LESSON 6 Motor Behavior Chapter 7 review and Quiz</p> <p>Chapter 8 Exercise Metabolism and Bioenergetics Lesson 1 Exercise Metabolism and Bioenergetics</p>	Academic Sports Med CTE Standards: 3.3

W e d n e s d a y	Notes:	<p>Objective:</p> <p>Recall the first law of thermodynamics and how energy cannot be created or destroyed.</p> <p>Learn how mechanical work breaks down fuel through a series of chemical reactions to provide energy.</p> <p>Exercise can be defined by two factors: intensity and duration.</p> <p>Lesson Overview:</p> <p>LESSON 2 Energy and Mechanical Work</p> <p>LESSON 3 Energy During Exercise</p>	<p>Academic Sports Med CTE Standards:</p> <p>3.2</p>
T h u r s d a y	Notes:	<p>Objective:</p> <p>Integrate the concepts of energy balance in relation to body composition management.</p> <p>Describe the energy systems of the human body.</p> <p>Explain the role of macronutrients, micronutrients, and hydration in achieving and maintaining optimal health.</p> <p>Compare scope of practice of allied health professions and Certified Personal Trainers when providing nutrition education.</p> <p>Identify how each macronutrient can be used as a fuel source.</p> <p>Lesson Overview:</p> <p>LESSON 4 Daily Energy Needs</p> <p>Chapter 8 summary</p> <p>Chapter 8 Quiz</p> <p>Chapter 9 Nutrition</p> <p>LESSON 1</p> <p>Introduction to Nutrition</p>	<p>Academic Sports Med CTE Standards:</p> <p>3.1</p> <p>3.3</p>
F r i d a y	Notes:	<p>Objective:</p> <p>Determine the reliability, validity, and credibility of nutrition information from various source types.</p> <p>Communicate information to clients with differing knowledge levels of nutrition.</p> <p>Identify strategies that empower clients to make nutritional decisions affecting body composition.</p> <p>Lesson Overview:</p> <p>LESSON 2</p> <p>Protein</p> <p>LESSON 3</p> <p>Carbohydrates</p>	<p>Academic Sports Med CTE Standards:</p> <p>3.2</p>

