

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 2	Week Beginning: Week 11- 10/17-10/20
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 3 NASM Personal Trainer	
M o n d a y	Notes:	<b>NO SCHOOL</b>	Academic Sports Med CTE Standards:
T u e s d a y	Notes:	<p>Objective: Summarize the importance of flexibility training for clients with differing health and fitness goals. Explain the scientific rationale for flexibility training.</p> <p>Lesson Overview: CHAPTER 14 Flexibility Training Concepts LESSON 1 Introduction to Flexibility Training LESSON 2 Human Movement System Review</p>	<p>Academic Sports Med CTE Standards:</p> <p>3.5</p>
W e d n e s d a y	Notes:	<p>Objective: Apply proper methods for effective stretching exercises in client exercise programs. Execute, instruct, and cue self-myofascial technique, active stretching, and dynamic stretching exercises using proper and effective methods.</p> <p>Lesson Overview: LESSON 3 Scientific Rationale for Flexibility Training LESSON 4 Self-Myofascial Techniques</p>	<p>Academic Sports Med CTE Standards:</p> <p>3.5</p>
T h u r s d a y	Notes:	<p>Objective:</p> <p>Lesson Overview:</p> <p>LESSON 5 Static Stretching LESSON 6 Active Stretching</p>	<p>Academic Sports Med CTE Standards:</p> <p>7.3</p>

F r i d a y	Notes:	<p>Objective: Learn the different types of dynamic stretching and mechanism of action. Be able to prescribe the correct training variables.</p> <p>Lesson Overview: LESSON 7 Dynamic Stretching and Controversial Stretches Chapter 7 quiz</p>	Academic Sports Med CTE Standards:  7.3
----------------------------	--------	--	---