

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 1	Week Beginning: Week 4 – 11/6-11/9
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 3 NASM Personal Trainer	
M o n d a y	Notes:	<p>Objective: Design a speed, agility, and quickness training program for clients at any level of training. Employ methods to effectively execute, instruct, and cue various speed, agility, and quickness training exercises.</p> <p>Lesson Overview: LESSON 3 SAQ Drills and Programming Strategies LESSON 4 Summary Chapter 19 Quiz</p>	Academic Sports Med CTE Standards: 3.7
T u e s d a y	Notes:	<p>Objective: Summarize how resistance training affects the human body. Define resistance training systems.</p> <p>Lesson Overview: CHAPTER 20 Resistance Training Concepts LESSON 1 Introduction to Resistance Training LESSON 2 Progressive Adaptations from Resistance Training</p>	Academic Sports Med CTE Standards: 3.7 7.1
W e d n e s d a y	Notes:	<p>Objective: Identify the acute variables of training. Categorize resistance exercises for different client types, goals, and adaptations. Employ methods used to safely execute, instruct, and cue resistance exercises.</p> <p>Lesson Overview: LESSON 3 Introduction to Acute Variables LESSON 4 Resistance Training Systems</p>	Academic Sports Med CTE Standards: 3.7 7.1
T h u r s d a y	Notes:	<p>Objective: Employ methods used to safely execute, instruct, and cue resistance exercises.</p> <p>Lesson Overview: LESSON 5 Safety LESSON 6 Guidelines for Resistance Training</p>	Academic Sports Med CTE Standards: 3.7 7.2 8.2

F r i d a y	Notes:	NO SCHOOL VETERANS DAY	Academic Sports Med CTE Standards:
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