

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 2	Week Beginning: Week 7 - 11/27 - 12/1
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 2	
M o n d a y	Notes:	Objective: Take practice test to prepare for the skills assessment. Lesson Overview: Year 1 post test Kahoots	Academic Sports Med CTE Standards: All standards
T u e s d a y	Notes:	Objective: Review previous tests and test questions to prepare for the TSA. Lesson Overview: Kahoot marathons Test review	Academic Sports Med CTE Standards: All standards
W e d n e s d a y	Notes:	Objective: Examine the effect society has on sport and the effect that sport has on society Lesson Overview: L 9 Society and Athletes. L 10 Body image and disordered eating.	Academic Sports Med CTE Standards: 9.1 9.2 9.3
T h u r s d a y	Notes:	Objective: 1. Define terms related to physical fitness. 2. Explain the components of physical fitness. 3. Discuss the benefits of being physically fit. Lesson Overview: L1 Intro to physical fitness L2.FITT.Formula.	Academic Sports Med CTE Standards: 3.7

F r i d a y	Notes:	<p>Objective:</p> <ol style="list-style-type: none">1. Define terminology related to flexibility and stretching2. Discuss the importance of being flexible3. Assess upper and lower body flexibility <p>Lesson Overview:</p> <p>L6.Flexibility.Assessment. L7.WritingAFlexibility</p>	<p>Academic Sports Med CTE Standards:</p> <p>3.5 7.3</p>
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