

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 3	Week 7 Beginning: 2/20/2024
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 3 NASM Personal Trainer	
M o n d a y	Notes:	Objective: NO SCHOOL	Academic Sports Med CTE Standards:
T u e s d a y	Notes:	<p>Objective:</p> <p>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</p> <p>Summarize how the first law of thermodynamics governs energy usage.</p> <p>Describe the energy systems of the human body.</p> <p>Identify how each macronutrient can be used as a fuel source.</p> <p>Integrate the concepts of energy balance in relation to body composition management.</p> <p>Identify how to efficiently fuel the body in relation to activity intensity.</p> <p>Lesson Overview:</p> <p>LESSON 6 Motor Behavior</p> <p>Chapter 7 review and Quiz</p> <p>Chapter 8 Exercise Metabolism and Bioenergetics</p> <p>Lesson 1 Exercise Metabolism and Bioenergetics</p>	<p>Academic Sports Med CTE Standards:</p> <p>3.3</p>
W e d n e s d	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>Academic Sports Med CTE Standards:</p> <p>3.2</p>

a y		LESSON 3 Energy During Exercise	
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>

