

Name: Colton Merrill, ATC, CPT		Grading Quarter: 1	Week Beginning: October 21
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	Objective: Learn about physical activity vs inactivity and how it contributes to chronic disease. Learn and use terminology relating to muscular dysfunction and how it relates to injury.  Lesson Overview: Section 1 the modern state of health and fitness Chapter 1 Lesson 4 Evidence of Muscular Dysfunction and Increased Injury	Academic Standards: 1.2 2.2
	Notes:	Objective: Why health care is needed, types of care provided (i.e., which professional to choose), and the intended outcomes (i.e., what the individual wants to accomplish).  Lesson Overview: Section 1 the modern state of health and fitness Chapter 1 Lesson 5: The Healthcare Continuum	Academic Standards:  Sports med 10.1 10.2 10.4 10.6
	Notes:	Objective: Learn about modern state of Health and Fitness  Lesson Overview:  CHapter 2 The Personal Training Profession Lesson 7 Fitness Industry Employment Landscape	Academic Standards: 10.4
	Notes:	Objective: Learn of a Personal Trainer can develop a career and various career options. The daily duties and expectations of a Personal Trainer  Lesson Overview: L2 Career Development	Academic Standards: 10.1 10.4

Friday	Notes:	<p>Objective: Learn of a Personal Trainer can develop a career and various career options. The daily duties and expectations of a Personal Trainer</p> <p>Lesson Overview: L3 A Day in the Life of a personal trainer</p>	Academic Standards: 10.2 10.1
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