

Name: Colton Merrill, ATC, CPT		Grading Quarter: 2	Week 19 Beginning: December 9, 2024
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	<p>Objective: Identify the steps for conducting posture, movement, and performance assessments. Interpret results from posture, movement, and performance assessments. Summarize the use of fitness assessments as a tool to build rapport and credibility with clients. Lesson Overview:</p> <p>LESSON 3 Observing Dynamic Posture</p>	Academic Standards: 6.8
	Notes:	<p>Objective: Interpret results from posture, movement, and performance assessments. Summarize the use of fitness assessments as a tool to build rapport and credibility with clients.</p> <p>Lesson Overview: CHAPTER 12 Posture, Movement, and Performance Assessments LESSON 4 Performance Assessments LESSON 5 Implementing the Fitness Assessment Chapter 12 Quiz</p>	Academic Standards: 3.5 3.7
	Notes:	<p>Objective: Take the Section 4 practice test worth 50 points. Retake until you have the score you want</p> <p>Lesson Overview:</p> <p>Section 4 Assessment</p>	Academic Standards: 3 5 7

Thursday	Notes:	<p>Objective: Summarize integrating training principles and their importance to maximize function. Identify types of exercise within an integrated training model.</p> <p>Lesson Overview:</p> <p>Chapter 13 Integrated Training and the OPT Model LESSON 1 Integrated Training Principles</p>	<p>Academic Standards: 3.7 7.1</p>
Friday	Notes:	<p>Objective: Summarize integrating training principles and their importance to maximize function. Identify types of exercise within an integrated training model.</p> <p>Lesson Overview:</p> <p>Chapter 13 Integrated Training and the OPT Model LESSON 2 Introduction to Integrated Training Concepts</p>	<p>Academic Standards: 3.7 7.1 7.4</p>