

Name: Colton Merrill ATC, CPT		Grading Quarter: 3	Week 3 Beginning: 1/22/24
School Year: 2023		Subject: Sports Med 3. NASM Personal Trainer	
Monday	Notes:	<p>Objective: Learn about how as a career in fitness progresses, it will be important to pursue additional education necessary to develop the skills and abilities to serve a wider range of client types.</p> <p>Lesson Overview: L6 Continuing Education Chapter 2 The Personal Training Profession Quiz</p>	Academic Sports Med Standards: 10.2
Tuesday	Notes: 8/15	<p>Objective:</p> <p>Lesson Overview: Section 1 Practice Test</p>	Academic Sports Med Standards: 10.4 10.1 10.2
Wednesday	Notes: 8/16	<p>Objective: Describe common reasons why people avoid regular exercise. Evaluate various social influences on exercise adherence. Recommend the best forms of support to help clients adhere to exercise. Identify the psychological benefits of regular exercise.</p> <p>Lesson Overview: Chapter 3 Psychology of exercise Lesson 1 Role of Psychology in Fitness and Wellness Lesson 2 Common Barriers to Exercise</p>	Academic Sports Med Standards: 9.1 9.2 9.3
Thursday	Notes: 8/17	<p>Objective: Describe different types of social support. Explain the role that these influences might play in terms of exercise behavior. The psychological benefits of exercise</p> <p>Lesson Overview: Lesson 3 Social Influences on Exercise Lesson 4 Psychological Benefits of Exercise</p>	Academic Sports Med Standards: 9.1 9.2 9.3

Friday	Notes: 8/19	Objective: Quiz of psychology Lesson Overview: Chapter 3 QUIZ "Psychology of Exercise"	Academic Sports Med Standards: All 9.0 Standards
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