

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 3	Week 8 Beginning: 2/26/2024
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 3 NASM Personal Trainer.	
M o n d a y	Notes:	Objective: Understand the chemical structure of a lipid Understand how lipids are used as energy in the body Calculate how many calories each gram of fat has.  Lesson Overview: LESSON 4 Lipids LESSON 5 Micronutrients and Hydration	Academic Sports Med CTE Standards: 3.2
T u e s d a y	Notes	Objective: Communicate information to clients with differing knowledge levels of nutrition. The ability to read and interpret a food label to help clients compare products and select healthier options Lesson Overview: LESSON 6 Nutrition Strategies LESSON 7 Food Labels	Academic Sports Med CTE Standards:  3.2
W e d n e s d a y	Notes:	Objective: Identify strategies that empower clients to make nutritional decisions affecting body composition.  Lesson Overview: LESSON 8 Goal-Based Nutrition Strategies  Take Chapter 9 quiz Chapter 10 Supplementation Lesson 1 Introduction to Supplements	Academic Sports Med CTE Standards:  3.2 3.6
T h u r s d	Notes:	Objective: Define supplementation and the clients' dietary need for taking supplements. Summarize supplements used for optimal health and body composition. Lesson Overview: LESSON 2 Supplementation Guidelines and Labels LESSON 3 Health Supplements	Academic Sports Med CTE Standards:  3.6

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F r i d a y	Notes:	<p>Objective: Explain the role of supplementation within the personal training profession.</p> <p>Lesson Overview: LESSON 4 Ergogenic Aids Chapter 10 Quiz</p>	<p>Academic Sports Med CTE Standards:</p> <p>3.6</p>