

Name: Colton Merrill, ATC, CPT		Grading Quarter: 3	Week 1 Beginning: 01/06/2025
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	NO SCHOOL	Academic Standards:
Tuesday	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 2 Static Posture Assessment LESSON 3 Observing Dynamic Posture</p>	Academic Standards: 6.8
Wednesday	Notes:	<p>Objective: Summarize the importance of flexibility training for clients with differing health and fitness goals. Explain the scientific rationale for flexibility training.</p> <p>Lesson Overview: CHAPTER 14 Flexibility Training Concepts LESSON 1 Introduction to Flexibility Training LESSON 2 Human Movement System Review</p>	Academic Standards: 3.5

Thursday	Notes:	<p>Objective: Apply proper methods for effective stretching exercises in client exercise programs. Execute, instruct, and cue self-myofascial technique, active stretching, and dynamic stretching exercises using proper and effective methods.</p> <p>Lesson Overview: LESSON 3 Scientific Rationale for Flexibility Training LESSON 4 Self-Myofascial Techniques</p>	Academic Standards: 3.5
Friday	Notes:	<p>Objective: Apply proper methods for effective stretching exercises in client exercise programs. Execute, instruct, and cue self-myofascial technique, active stretching, and dynamic stretching exercises using proper and effective methods.</p> <p>Lesson Overview: LESSON 5 Static Stretching</p>	Academic Standards: 7.3