

Name: Colton Merrill, ATC, CPT		Grading Quarter: 3	Week 2 Beginning: 01/13/2025
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	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. Lesson Overview: LESSON 6 Active Stretching	Academic Standards: 7.3
	Notes:	Objective: Learn the different types of dynamic stretching and mechanism of action. Be able to prescribe the correct training variables. Lesson Overview: LESSON 7 Dynamic Stretching and Controversial Stretches Chapter 7 quiz	Academic Standards: 7.3
	Notes:	Objective: Summarize the importance of cardiorespiratory fitness training for different client types with differing health and fitness goals. Outline the general guidelines for cardiorespiratory fitness training. Explain stage training and its use to improve cardiorespiratory endurance. Identify cardiorespiratory training considerations and modifications for clients who have postural conditions. Lesson Overview: CHAPTER 15 Cardiorespiratory Training Concepts LESSON 1 Introduction to Cardiorespiratory Fitness Training LESSON 2 General Guidelines for Cardiorespiratory Fitness Training	Academic Standards: 3.5
Tuesday	Notes:	Objective: Learn the different types of dynamic stretching and mechanism of action. Be able to prescribe the correct training variables. Lesson Overview: LESSON 7 Dynamic Stretching and Controversial Stretches Chapter 7 quiz	Academic Standards: 7.3
	Notes:	Objective: Summarize the importance of cardiorespiratory fitness training for different client types with differing health and fitness goals. Outline the general guidelines for cardiorespiratory fitness training. Explain stage training and its use to improve cardiorespiratory endurance. Identify cardiorespiratory training considerations and modifications for clients who have postural conditions. Lesson Overview: CHAPTER 15 Cardiorespiratory Training Concepts LESSON 1 Introduction to Cardiorespiratory Fitness Training LESSON 2 General Guidelines for Cardiorespiratory Fitness Training	Academic Standards: 3.5
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Thursday	Notes:	<p>Objective: Outline the general guidelines for cardiorespiratory fitness training.</p> <p>Explain stage training and its use to improve cardiorespiratory endurance.</p> <p>Lesson Overview: LESSON 3 Components of Cardiorespiratory Fitness Training LESSON 4 Introduction to Stage Training</p>	<p>Academic Standards: 3.5 6.8 2.1</p>
Friday	Notes:	<p>Objective: Explain stage training and its use to improve cardiorespiratory endurance. Identify cardiorespiratory training considerations and modifications for clients who have postural conditions.</p> <p>Lesson Overview: LESSON 5 Postural Considerations in Cardiorespiratory Training LESSON 6 Summary</p> <p>CHAPTER 15 QUIZ</p>	<p>Academic Standards: 3.5 6.8 2.1</p>