

Name: Colton Merrill, ATC, CPT		Grading Quarter: 3	Week 4 Beginning: January 27 th , 2025
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	Objective: Identify proper progression sequences of balance training exercises. Employ methods to effectively execute, instruct, and cue balance training exercises. Lesson Overview: LESSON 4 Balance Exercises Chapter 17 Quiz	Academic Standards: 2.1 4.3
	Notes:	Objective: Explain plyometric training and its three phases to a fitness client. Summarize the benefits of plyometric training for different client types with differing health goals. Lesson Overview: CHAPTER 18 Plyometric (Reactive) Training Concepts LESSON 1 Principles of Plyometric Training	Academic Standards: 2.1
	Notes:	Objective: Explain plyometric training and its three phases to a fitness client. Summarize the benefits of plyometric training for different client types with differing health goals. Lesson Overview: CHAPTER 18 Plyometric (Reactive) Training Concepts LESSON 2 Guidelines for Plyometric Training	Academic Standards: 2.1 2.4
	Notes:	Objective: Identify proper progressions of plyometric training exercises. Employ methods to effectively execute, instruct, and cue plyometric training exercises. Lesson Overview: LESSON 3 Plyometric Exercises	Academic Standards: 6.0 2.0

Friday	Notes:	<p>Objective: Identify proper progressions of plyometric training exercises. Employ methods to effectively execute, instruct, and cue plyometric training exercises.</p> <p>Lesson Overview: LESSON 4 Summary Chapter 18 quiz</p>	<p>Academic Standards: 2.4 2.1</p>
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