

Name: Colton Merrill, ATC, CPT		Grading Quarter: 3	Week 6 Beginning: February 10 th , 2025
School Year: 2024-2025		Subject: Sports Medicine and Rehabilitation Year 1	
Monday	Notes:	<p>Objective:</p> <ol style="list-style-type: none"> 1. Define terms related to physical fitness. 2. Explain the components of physical fitness. 3. Discuss the benefits of being physically fit. <p>Lesson Overview:</p> <p>L1 Intro to physical fitness</p>	Academic Standards: 3.7
	Notes:	<p>Objective:</p> <ol style="list-style-type: none"> 1. Define terms related to physical fitness. 2. Explain the components of physical fitness. 3. Discuss the benefits of being physically fit. <p>Lesson Overview:</p> <p>L2.FITT.Formula.</p>	Academic Standards: 3.7
	Notes:	<p>Objective:</p> <p>Define terminology related to body composition Determine factors influencing body fat Identify ideal levels of body fat Explore different methods of calculating body composition</p> <p>Lesson Overview:</p> <p>L3 Body composition.</p>	Academic Standards: 3.5
	Notes:	<p>Objective:</p> <p>Define terminology related to body composition Determine factors influencing body fat Identify ideal levels of body fat Explore different methods of calculating body composition</p> <p>Lesson Overview:</p> <p>L4.BodyComp</p>	Academic Standards: 3.5
Tuesday			
Wednesday			
Thursday			

Friday	Notes:	NO SCHOOL	Academic Standards:
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