

Name: Colton Merrill, ATC, CPT		Grading Quarter: 3	Week 7 Beginning: February 17 th , 2025
School Year: 2024-2025		Subject: Sports Medicine and Rehabilitation Year 2	
Monday	Notes:	No School Presidents Day	Academic Standards:
Tuesday	Notes:	Objective: Differentiate between aerobic and anaerobic exercise Explain the benefits of cardiovascular fitness Learn how to conduct a cardiovascular assessment Lesson Overview: L8-9.CardioFitness.	Academic Standards: 3.5
Wednesday	Notes:	Objective: Differentiate between aerobic and anaerobic exercise Explain the benefits of cardiovascular fitness Learn how to conduct a cardiovascular assessment Lesson Overview: L10.WritingCardioProgram	Academic Standards: 3.5
Thursday	Notes:	Objective: Define new vocabulary terms Review muscular anatomy - specific to the "Core". Differentiate between muscular strength and muscular endurance Distinguish between various types of muscle contractions Lesson Overview: L11.MuscleFitness.	Academic Standards: 3.5

Friday	Notes:	<p>Objective:</p> <ul style="list-style-type: none">Define new vocabulary termsReview muscular anatomy - specific to the "Core".Differentiate between muscular strength and muscular enduranceDistinguish between various types of muscle contractions <p>Lesson Overview:</p> <p>L12.StrengthAssessment.</p>	Academic Standards: 3.5
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