

Name: Colton Merrill, ATC, CPT		Grading Quarter: 3	Week 7 Beginning: February 17 th , 2025		
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training			
Monday	Notes:	No School Presidents Day	Academic Standards:		
	Tuesday	Notes:	Objective: Learn how to instruct a client on how to do each of the total body exercises. Recognize when to use chest/pushing exercises and how to describe it to a client. Lesson Overview: CHAPTER 20 Resistance Training Concepts LESSON 7 Total-Body Exercise Descriptions	Academic Standards: 7.4 7.1 7.2 7.3	
		Wednesday	Notes:	Objective: Learn how to instruct a client on how to do each of the total body exercises. Recognize when to use chest/pushing exercises and how to describe it to a client. Lesson Overview: CHAPTER 20 Resistance Training Concepts LESSON 8 Chest/Pushing Exercise Descriptions	Academic Standards: 7.4 7.1 7.2 7.3
			Thursday	Notes:	Objective: Learn how to instruct a client on how to do each of the back/pulling exercises. Recognize when to use shoulder/pulling exercises and how to describe it to a client. Lesson Overview: LESSON 9 Back/Pulling Exercise Descriptions

Friday	Notes:	<p>Objective: Learn how to instruct a client on how to do each of the back/pulling exercises. Recognize when to use shoulder/pulling exercises and how to describe it to a client.</p> <p>Lesson Overview:</p> <p>LESSON 10 Shoulder/Vertical Pressing Exercise Descriptions</p>	Academic Standards: 7.4 7.1 7.2 7.3
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