

Name: Colton Merrill, ATC, CPT		Grading Quarter: 3	Week 8 Beginning: February 24 th , 2025
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	Objective: Learn how to instruct a client on how to do each of the bicep exercises. Recognize when to do each triceps exercises and how to describe it to a client. Lesson Overview: LESSON 11 Biceps Exercise Descriptions	Academic Standards: 7.4 7.1 7.2 7.3
	Notes:	Objective: Learn how to instruct a client on how to do each of the bicep exercises. Recognize when to do each triceps exercises and how to describe it to a client. Lesson Overview: LESSON 12 Triceps Exercise Descriptions	Academic Standards: 7.4 7.1 7.2 7.3
	Notes:	Objective: Learn how to instruct a client on how to do each of the leg exercises. Lesson Overview: LESSON 13 Leg Exercise Descriptions	Academic Standards: 7.4 7.1 7.2 7.3
	Notes:	Objective: Learn how to instruct a client on how to do each of the leg exercises. Lesson Overview: Lesson 14 summary Chapter 20 Quiz	Academic Standards: 7.4 7.1 7.2 7.3
	Notes:	Objective: Section 5 Practice Test Lesson Overview:	Academic Standards: 7.4 7.1 7.2 7.3
Tuesday			
Wednesday			
Thursday			
Friday			

