

Name: Colton Merrill, ATC, CPT		Grading Quarter: 4	Week 2 Beginning: March 24 th , 2025
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	Objective: Determine the safe and effective use of resistance and proprioceptive modalities and fitness trackers. Lesson Overview: LESSON 5 Introduction to Proprioceptive Modalities	Academic Standards: 7.4
	Notes:	Objective: Determine the safe and effective use of resistance and proprioceptive modalities and fitness trackers. Lesson Overview: LESSON 6 Trackers Chapter 22 Quiz	Academic Standards: 7.4
	Notes:	Objective: Identify exercise needs and limitations for different populations. Summarize the effects of chronic disease and health limitations and challenges on a client's abilities to respond and adapt to exercise. Lesson Overview: CHAPTER 23 Chronic Health Conditions and Special Populations LESSON 1 Age Considerations	Academic Standards: 9.3
	Notes:	Objective: Identify exercise needs and limitations for different populations. Summarize the effects of chronic disease and health limitations and challenges on a client's abilities to respond and adapt to exercise. Lesson Overview: CHAPTER 23 Chronic Health Conditions and Special Populations LESSON 2 Obesity	Academic Standards: 9.3

Friday	Notes:	Objective: Catch up and review day Lesson Overview: Catch up on quizzes and review difficult lessons.	Academic Standards: all
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