

Name: Colton Merrill, ATC, CPT		Grading Quarter: 4	Week 3 Beginning: March 31 st , 2025
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	Objective: Differentiate exercise considerations for clients who have chronic disease, risk factors for chronic disease, and other physical or health challenges. Identify considerations taken to accommodate special populations when exercising. Lesson Overview: CHAPT LESSON 3 Diabetes	Academic Standards: 3.0
Tuesday	Notes:	Objective: Differentiate exercise considerations for clients who have chronic disease, risk factors for chronic disease, and other physical or health challenges. Identify considerations taken to accommodate special populations when exercising. Lesson Overview: CLESSON 4 Hypertension and Coronary Heart Disease	Academic Standards: 3.0
Wednesday	Notes:	Objective: Differentiate exercise considerations for clients who have chronic disease, risk factors for chronic disease, and other physical or health challenges. Identify considerations taken to accommodate special populations when exercising. Lesson Overview: LESSON 5 Osteoporosis and Arthritis	Academic Standards: 3.0
Thursday	Notes:	Objective: Differentiate exercise considerations for clients who have chronic disease, risk factors for chronic disease, and other physical or health challenges. Identify considerations taken to accommodate special populations when exercising. Lesson Overview: LESSON 6 Cancer and Pregnancy	Academic Standards: 3.0

Friday	Notes:	NO SCHOOL PROFESSIONAL DEVELOPMENT	Academic Standards:
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