

Name: Colton Merrill, ATC, CPT		Grading Quarter: 1	Week 8 Beginning: May 5 <sup>th</sup> , 2025
School Year: 2024-2025		Subject: Sports Medicine and Rehabilitation Year 1	
Monday	Notes:	<p>Objective:</p> <ol style="list-style-type: none"> <li>1. Define terminology and demonstrate knowledge.</li> <li>2. Identify all sections of My Plate and explain relationship to meeting nutritional needs.</li> <li>3. Examine MY PLATE and Food Pyramid to discover how they complement each other.</li> <li>4. Create nutritionally balanced breakfast, lunch, and dinner meal using the MY PLATE model.</li> </ol> <p>Lesson Overview: Unit 15 Lesson 1 Nutrition, My plate</p>	<p>Academic Standards:</p> <p>3.1 3.3</p>
	Notes:	<p>Objective:</p> <p>Define terminology. Identify the six major types of nutrients and determine best sources of each major nutrient.</p> <p>Lesson Overview: Lesson 2 The Six Nutrients</p>	<p>Academic Standards:</p> <p>3.1 3.3</p>
	Notes:	<p>Objective:</p> <ol style="list-style-type: none"> <li>1. Define and use terminology in correct context.</li> <li>2. Calculate amount of calories to maintain, lose, or gain weight.</li> <li>3. Calculate BMI</li> <li>4. Determine healthy weight range for height using different tools.</li> </ol> <p>Lesson Overview: Lesson 3 PATH TO MAINTAINING A HEALTHY WEIGHT</p>	<p>Academic Standards:</p> <p>3.1 3.3</p>
	Notes:	<p>Objective:</p> <p>Demonstrate knowledge of the importance of regular exercise in maintaining a healthy weight. Create plan for a healthy diet and exercise program.</p> <p>Lesson Overview: Lesson 4 Tracking Your Diet and Exercise</p>	<p>Academic Standards:</p> <p>3.1 3.3</p>
Thursday			

Friday	Notes:	<p><b>Objective:</b> Define terminology and demonstrate knowledge. Identify contributing factors to body image and assess their own body image. Identify the different eating disorders and the health consequences.</p> <p><b>Lesson Overview:</b> Lesson 5 Body Image and Eating Disorders</p>	<p><b>Academic Standards:</b> 3.1 3.3</p>
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