Name: Colton Merrill, ATC, CPT			Grading Quarter: 4	Week 9 Begin May 12 <sup>th</sup> , 20	•	
School Year: 2024-2025			Subject: Sports Med 3- NASM Personal Train		ing	
Monday	Notes:	needed to maintai number of CEUs re courses or activitie Training Exam, stu their areas of weal practice tests, and for retesting and o confidence. Lesson Overview:	rstand the continuing edin their personal training of equired every two years ares. For those who did not dents will develop a personness, incorporating daily goal setting. Each studer outline steps to improve contents of Certification as a Personness.	Academic Standards: Review of all standards		
Tuesday	Notes:	needed to maintai number of CEUs re courses or activitie Training Exam, stu their areas of weal practice tests, and for retesting and o confidence. Lesson Overview:	rstand the continuing edin their personal training of equired every two years ares. For those who did not dents will develop a personness, incorporating daily goal setting. Each studer utline steps to improve contents of Certification as a Personness.	Academic Standards: Review of all standards		
Wednesday	Notes:	needed to maintai number of CEUs re courses or activitie Training Exam, stu their areas of weal practice tests, and	n their personal training of equired every two years a es. For those who did not dents will develop a perso kness, incorporating daily goal setting. Each studer	ucation (CEU) requirements certification, including the nd the types of approved pass the NASM Personal conalized study plan that targets or weekly review sessions, at will set a realistic target date content mastery and test-taking	Academic Standards: Review of all standards	

Thursday	Notes:	Objective: Students will understand the continuing education (CEU) requirements needed to maintain their personal training certification, including the number of CEUs required every two years and the types of approved courses or activities. For those who did not pass the NASM Personal Training Exam, students will develop a personalized study plan that targets their areas of weakness, incorporating daily or weekly review sessions, practice tests, and goal setting. Each student will set a realistic target date for retesting and outline steps to improve content mastery and test-taking confidence.  Lesson Overview:	Academic Standards: Review of all standards
Friday	Notes:	Objective: Lesson Overview:	Academic Standards: Review of all standards