

Name: Colton Merrill, ATC, CPT		Grading Quarter: 4	Week 9 Beginning: May 12 th , 2025
School Year: 2024-2025		Subject: Sports Med 3- NASM Personal Training	
Monday	Notes:	<p>Objective:</p> <p>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.</p> <p>Lesson Overview:</p> <p>Review Maintenance of Certification as a Personal Trainer</p>	Academic Standards: Review of all standards
Tuesday	Notes:	<p>Objective:</p> <p>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.</p> <p>Lesson Overview:</p> <p>Review Maintenance of Certification as a Personal Trainer</p>	Academic Standards: Review of all standards
Wednesday	Notes:	<p>Objective:</p> <p>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.</p> <p>Lesson Overview:</p>	Academic Standards: Review of all standards

Thursday	Notes:	<p>Objective:</p> <p>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.</p> <p>Lesson Overview:</p>	<p>Academic Standards:</p> <p>Review of all standards</p>
Friday	Notes:	<p>Objective:</p> <p>Lesson Overview:</p>	<p>Academic Standards:</p> <p>Review of all standards</p>