Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 2	Week 1 Beginning:
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 3 NASM Personal Trainer	
Monday	Notes:	NO SCHOOL	Academic Sports Med CTE Standards:
Tuesday	Notes:	Objective: Summarize the importance of flexibility training for clients with differing health and fitness goals. Explain the scientific rationale for flexibility training. Lesson Overview: CHAPTER 14 Flexibility Training Concepts LESSON 1 Introduction to Flexibility Training LESSON 2 Human Movement System Review	Academic Sports Med CTE Standards: 3.5
Wednesday	Notes:	Objective: Apply proper methods for effective stretching exercises in client exercise programs. Execute, instruct, and cue self-myofascial technique, active stretching, and dynamic stretching exercises using proper and effective methods. Lesson Overview: LESSON 3 Scientific Rationale for Flexibility Training LESSON 4 Self-Myofascial Techniques	Academic Sports Med CTE Standards: 3.5
Thursday	Notes:	Objective: Lesson Overview: LESSON 5 Static Stretching LESSON 6 Active Stretching	Academic Sports Med CTE Standards: 7.3

Friday	Notes:	Objective: Learn the different types of dynamic stretching and mechanism of action. Be able to prescribe the correct training variables. Lesson Overview: LESSON 7 Dynamic Stretching and Controversial Stretches Chapter 7 quiz	Academic Sports Med CTE Standards: 7.3