

|                                           |        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                               |
|-------------------------------------------|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|
| Name:<br>Colton Ike Merrill ATC, CPT      |        | Grading Quarter:<br>1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Week 2 Beginning:<br>03/25/2024                               |
| School Year: 2023-2024                    |        | Subject: Sports Medicine and Rehabilitation 3<br>NASM Personal Trainer                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                               |
| M<br>o<br>n<br>d<br>a<br>y                | Notes: | <p>Objective:<br/>Summarize the importance of cardiorespiratory fitness training for different client types with differing health and fitness goals.<br/>Outline the general guidelines for cardiorespiratory fitness training.<br/>Explain stage training and its use to improve cardiorespiratory endurance.<br/>Identify cardiorespiratory training considerations and modifications for clients who have postural conditions.</p> <p>Lesson Overview:<br/>CHAPTER 15<br/>Cardiorespiratory Training Concepts<br/>LESSON 1<br/>Introduction to Cardiorespiratory Fitness Training<br/>LESSON 2<br/>General Guidelines for Cardiorespiratory Fitness Training</p> | Academic<br>Sports Med CTE<br>Standards:<br>3.5               |
| T<br>u<br>e<br>s<br>d<br>a<br>y           | Notes: | <p>Objective:<br/>Outline the general guidelines for cardiorespiratory fitness training.<br/><br/>Explain stage training and its use to improve cardiorespiratory endurance.</p> <p>Lesson Overview:<br/>LESSON 3<br/>Components of Cardiorespiratory Fitness Training<br/>LESSON 4<br/>Introduction to Stage Training</p>                                                                                                                                                                                                                                                                                                                                          | Academic<br>Sports Med CTE<br>Standards:<br>3.5<br>6.8<br>2.1 |
| W<br>e<br>d<br>n<br>e<br>s<br>d<br>a<br>y | Notes: | <p>Objective:<br/>Explain stage training and its use to improve cardiorespiratory endurance.<br/>Identify cardiorespiratory training considerations and modifications for clients who have postural conditions.</p> <p>Lesson Overview:<br/>LESSON 5<br/>Postural Considerations in Cardiorespiratory Training<br/>LESSON 6 Summary<br/><br/>CHAPTER 15 QUIZ</p>                                                                                                                                                                                                                                                                                                    | Academic<br>Sports Med CTE<br>Standards:<br>3.5<br>6.8<br>2.1 |

|                                      |        |                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                      |
|--------------------------------------|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|
| T<br>h<br>u<br>r<br>s<br>d<br>a<br>y | Notes: | <p>Objective:</p> <p>Identify the physical benefits of core training.</p> <p>Differentiate between the core stabilization and movement systems.</p> <p>Describe the mechanisms of the drawing-in maneuver and abdominal bracing.</p> <p>Lesson Overview:</p> <p>CHAPTER 16</p> <p>Core Training Concepts</p> <p>LESSON 1</p> <p>Introduction to Core Training</p> <p>LESSON 2</p> <p>Importance of Properly Training the Core Muscles</p> | <p>Academic Sports Med CTE Standards:</p> <p>2.1</p> |
| F<br>r<br>i<br>d<br>a<br>y           | Notes: | Good Friday                                                                                                                                                                                                                                                                                                                                                                                                                               | <p>Academic Sports Med CTE Standards:</p>            |