Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 4	Week 3 Beginning: 4/1/24
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 3 NASM Personal Trainer	
Monday	Notes:	Objective: Describe the scientific rationale for balance training. Explain balance training to a fitness client. Summarize the benefits of balance training for various client types with differing health goals. Lesson Overview: Chapter 16 quiz CHAPTER 17 Balance Training Concepts LESSON 1 Essential Concepts of Balance	Academic Sports Med CTE Standards:
Tuesday	Notes:	Objective: Identify proper progression sequences of balance training exercises. Employ methods to effectively execute, instruct, and cue balance training exercises. Lesson Overview: LESSON 3 Guidelines for Balance Training LESSON 4 Balance Exercises Chapter 17 Quiz	Academic Sports Med CTE Standards:
Wednesday	Notes:	Objective: Explain plyometric training and its three phases to a fitness client. Summarize the benefits of plyometric training for different client types with differing health goals. Lesson Overview: CHAPTER 18 Plyometric (Reactive) Training Concepts LESSON 1 Principles of Plyometric Training LESSON 2 Guidelines for Plyometric Training	Academic Sports Med CTE Standards:
Thursday	Notes:	Objective: Identify proper progressions of plyometric training exercises. Employ methods to effectively execute, instruct, and cue plyometric training exercises. Lesson Overview: LESSON 3 Plyometric Exercises LESSON 4 Summary Chapter 18 quiz	Academic Sports Med CTE Standards:

Friday	Notes:	Objective: Describe speed, agility, and quickness training and its purpose. Discuss the importance of speed, agility, and quickness training for a variety of populations. Design a speed, agility, and quickness training program for clients at any level of training. Employ methods to effectively execute, instruct, and cue various speed, agility, and quickness training exercises. Lesson Overview: CHAPTER 19 Speed, Agility, and Quickness Training Concepts LESSON 1 Concepts in Speed, Agility, and Quickness Training LESSON 2 Guidelines for Plyometric Training	Academic Sports Med CTE Standards: