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| Name:<br>Colton Ike Merrill ATC, CPT      |        | Grading Quarter:<br>4                                                                                                                                                                                                                                                                                                                                            | Week 4 Beginning:<br>4/8/24                                   |
| 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/>Design a speed, agility, and quickness training program for clients at any level of training.<br/>Employ methods to effectively execute, instruct, and cue various speed, agility, and quickness training exercises.</p> <p>Lesson Overview:<br/>LESSON 3 SAQ Drills and Programming Strategies<br/>LESSON 4 Summary<br/>Chapter 19 Quiz</p>   | Academic<br>Sports Med CTE<br>Standards:<br>3.7               |
| T<br>u<br>e<br>s<br>d<br>a<br>y           | Notes: | <p>Objective:<br/>Summarize how resistance training affects the human body.<br/>Define resistance training systems.</p> <p>Lesson Overview:<br/>CHAPTER 20 Resistance Training Concepts<br/>LESSON 1 Introduction to Resistance Training<br/>LESSON 2 Progressive Adaptations from Resistance Training</p>                                                       | Academic<br>Sports Med CTE<br>Standards:<br>3.7<br>7.1        |
| W<br>e<br>d<br>n<br>e<br>s<br>d<br>a<br>y | Notes: | <p>Objective:<br/>Identify the acute variables of training.<br/>Categorize resistance exercises for different client types, goals, and adaptations.<br/>Employ methods used to safely execute, instruct, and cue resistance exercises.</p> <p>Lesson Overview:<br/>LESSON 3<br/>Introduction to Acute Variables<br/>LESSON 4<br/>Resistance Training Systems</p> | Academic<br>Sports Med CTE<br>Standards:<br>3.7<br>7.1        |
| T<br>h<br>u<br>r<br>s<br>d<br>a<br>y      | Notes: | <p>Objective:<br/>Employ methods used to safely execute, instruct, and cue resistance exercises.</p> <p>Lesson Overview:<br/>LESSON 5<br/>Safety<br/>LESSON 6<br/>Guidelines for Resistance Training</p>                                                                                                                                                         | Academic<br>Sports Med CTE<br>Standards:<br>3.7<br>7.2<br>8.2 |

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| F<br>r<br>i<br>d<br>a<br>y | Notes: | NO SCHOOL VETERANS DAY | Academic<br>Sports Med CTE<br>Standards: |
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