Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 4	Week 5 Beginning: 4/15/24
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 3 NASM Personal Trainer	
Monday	Notes:	Objective: Learn how to instruct a client on how to do each of the total body exercises. Recognize when to use chest/pushing exercises and how to describe it to a client. Lesson Overview: CHAPTER 20 Resistance Training Concepts LESSON 7 Total-Body Exercise Descriptions LESSON 8 Chest/Pushing Exercise Descriptions	Academic Sports Med CTE Standards: 7.4 7.1 7.2 7.3
Tuesday	Notes:	Objective: Learn how to instruct a client on how to do each of the back/pulling exercises. Recognize when to use shoulder/pulling exercises and how to describe it to a client. Lesson Overview: LESSON 9 Back/Pulling Exercise Descriptions LESSON 10 Shoulder/Vertical Pressing Exercise Descriptions	Academic Sports Med CTE Standards: 7.4 7.1 7.2 7.3
Wednesday	Notes:	Objective: Learn how to instruct a client on how to do each of the bicep exercises. Recognize when to do each triceps exercises and how to describe it to a client. Lesson Overview: LESSON 11 Biceps Exercise Descriptions LESSON 12 Triceps Exercise Descriptions	Academic Sports Med CTE Standards: 7.4 7.1 7.2 7.3
Thursday	Notes:	Objective: Learn how to instruct a client on how to do each of the leg exercises. Lesson Overview: LESSON 13 Leg Exercise Descriptions Lesson 14 summary Chapter 20 Quiz	Academic Sports Med CTE Standards: 7.4 7.1 7.2 7.3

Friday	Notes:	Objective: Section 5 Practice Test Lesson Overview:	Academic Sports Med CTE Standards: 7.4 7.1 7.2 7.3