

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 4	Week 6 Beginning: 4/22
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 3 NASM Personal Trainer	
M o n d a y	Notes:	<p>Objective: Identify the differences between linear and undulating periodization. Identify the differences between macrocycles, mesocycles, and microcycles.</p> <p>Lesson Overview: CHAPTER 21 The Optimum Performance Training Model LESSON 1 Introduction to Program Design LESSON 2 The Optimum Performance Training Model</p>	Academic Sports Med CTE Standards: 3.7 7.2
T u e s d a y	Notes:	<p>Objective: Evaluate exercise protocols used within all five phases of the Optimum Performance Training® (OPT™) model. Use the OPT model to design fitness programs for various client goals.</p> <p>Lesson Overview: LESSON 3 Stabilization Level of the OPT Model LESSON 4 Strength Level of the OPT Model</p>	Academic Sports Med CTE Standards: 3.7 7.2
W e d n e s d a y	Notes:	<p>Objective: Interpret results from posture, movement, and performance assessments. Summarize the use of fitness assessments as a tool to build rapport and credibility with clients.</p> <p>Lesson Overview: CHAPTER 12 Posture, Movement, and Performance Assessments LESSON 4 Performance Assessments LESSON 5 Implementing the Fitness Assessment Chapter 12 Quiz</p>	Academic Sports Med CTE Standards: 3.5 3.7
T h u r s d a y	Notes:	<p>Objective: Summarize integrating training principles and their importance to maximize function. Identify types of exercise within an integrated training model.</p> <p>Lesson Overview: Chapter 13 Integrated Training and the OPT Model LESSON 1 Integrated Training Principles LESSON 2 Introduction to Integrated Training Concepts</p>	Academic Sports Med CTE Standards: 3.7 7.1

F r i d a y	Notes:	NO SCHOOL	Academic Sports Med CTE Standards:
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