Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 4	Week 7 Beginning: 4/29/24
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 2	
Monday	Notes:	Objective: Take practice test to prepare for the skills assessment. Lesson Overview: Year 1 post test Kahoots	Academic Sports Med CTE Standards: All standards
Tuesday	Notes:	Objective: Review previous tests and test questions to prepare for the TSA. Lesson Overview: Kahoot marathons Test review	Academic Sports Med CTE Standards: All standards
Wednesday	Notes:	Objective: Examine the effect society has on sport and the effect that sport has on society Lesson Overview: L 9 Society and Athletes. L 10 Body image and disordered eating.	Academic Sports Med CTE Standards: 9.1 9.2 9.3
Thursday	Notes:	Objective: 1. Define terms related to physical fitness. 2. Explain the components of physical fitness. 3. Discuss the benefits of being physically fit. Lesson Overview: L1 Intro to physical fitness L2.FITT.Formula.	Academic Sports Med CTE Standards: 3.7

Friday	Notes:	Objective: 1. Define terminology related to flexibility and stretching 2. Discuss the importance of being flexible 3. Assess upper and lower body flexibility Lesson Overview: L6.Flexibility.Assessment. L7.WritingAFlexibility	Academic Sports Med CTE Standards: 3.5 7.3