Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 4	Week 7 Beginning: 4/29/24
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 3 NASM Personal Trainer	
Monday	Notes:	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. Lesson Overview: CHAPTER 21 The Optimum Performance Training Model LESSON 5 Power LESSON 6 Applying the OPT Model Chapter 21 quiz	Academic Sports Med CTE Standards: 3.7 7.2
Tuesday	Notes:	Objective: Categorize common exercise modalities and their uses. Lesson Overview: CHAPTER 22 Introduction LESSON 1 Introduction: Strength-training Machines LESSON 2 Elastic Resistance and Medicine Balls	Academic Sports Med CTE Standards: 3.7
Wednesday	Notes:	Objective: Describe the use of different exercise modalities on clients with specific goals. Lesson Overview: LESSON 3 Kettlebell and Bodyweight Training LESSON 4 Sandbags, ViPR, and Battle Ropes	Academic Sports Med CTE Standards: 7.1 3.7
Thursday	Notes:	Objective: Determine the safe and effective use of resistance and proprioceptive modalities and fitness trackers. Lesson Overview: LESSON 5 Introduction to Proprioceptive Modalities LESSON 6 Trackers Chapter 22 Quiz	Academic Sports Med CTE Standards: 7.4

Friday	Notes:	Objective: Identify exercise needs and limitations for different populations. Summarize the effects of chronic disease and health limitations and challenges on a client's abilities to respond and adapt to exercise. Lesson Overview: CHAPTER 23 Chronic Health Conditions and Special Populations LESSON 1 Age Considerations LESSON 2 Obesity	Academic Sports Med CTE Standards: 9.3