

Name: Colton Ike Merrill ATC, CPT		Grading Quarter: 4	Week 9 Beginning: 5/13/24
School Year: 2023-2024		Subject: Sports Medicine and Rehabilitation 1	
M o n d a y	Notes:	<p>Objective:</p> <ol style="list-style-type: none"> 1. Define terminology and demonstrate knowledge. 2. Identify all sections of My Plate and explain relationship to meeting nutritional needs. 3. Examine MY PLATE and Food Pyramid to discover how they complement each other. 4. Create nutritionally balanced breakfast, lunch, and dinner meal using the MY PLATE model. <p>Lesson Overview: Unit 15 Lesson 1 Nutrition, My plate</p>	Academic Sports Med CTE Standards: 3.1 3.3
T u e s d a y	Notes:	<p>Objective:</p> <p>Define terminology. Identify the six major types of nutrients and determine best sources of each major nutrient.</p> <p>Lesson Overview: Lesson 2 The Six Nutrients</p>	Academic Sports Med CTE Standards: 3.1 3.3
W e d n e s d a y	Notes:	<p>Objective:</p> <ol style="list-style-type: none"> 1. Define and use terminology in correct context. 2. Calculate amount of calories to maintain, lose, or gain weight. 3. Calculate BMI 4. Determine healthy weight range for height using different tools. <p>Lesson Overview: Lesson 3 PATH TO MAINTAINING A HEALTHY WEIGHT</p>	Academic Sports Med CTE Standards: 3.1 3.3
T h u r s d a y	Notes:	final	Academic Sports Med CTE Standards: 3.1 3.3

F r i d a y	Notes:	Last day of school school	Academic Sports Med CTE Standards: 3.1 3.3
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