





3. Exercise Programs

The student will:

- 3.1. Define the warm-up phase and the cool-down phase.
- 3.2. Describe the components and the effects of the warm-up and cool-down phases.
- 3.3. Demonstrate effective warm-up and cool-down procedures.
- 3.4. Examine and describe a variety of classic exercise programs.
- 3.5. Demonstrate a variety of classic exercise programs.
- 3.6. Examine and describe a variety of contemporary exercise programs.
- 3.7. Demonstrate a variety of contemporary exercise programs.

4. Physical Fitness Assessment

The student will:

- 4.1. Discuss the role of physical fitness assessment with respect to exercise programs.
- 4.2. Describe the types of physical fitness assessment, including:
  - 4.2.1. field tests
  - 4.2.2. lab tests
  - 4.2.3. lab-like tests
- 4.3. Describe the purpose of physical fitness assessment.
- 4.4. Describe a variety of methods of physical fitness assessment with respect to:
  - 4.4.1. muscular strength
  - 4.4.2. muscular endurance
  - 4.4.3. flexibility
  - 4.4.4. body composition
  - 4.4.5. posture
  - 4.4.6. aerobic capacity
  - 4.4.7. anaerobic capacity
- 4.5. Demonstrate a variety of methods of physical fitness assessment with respect to:
  - 4.5.1. muscular strength
  - 4.5.2. muscular endurance
  - 4.5.3. flexibility
  - 4.5.4. body composition
  - 4.5.5. posture
  - 4.5.6. aerobic capacity
  - 4.5.7. anaerobic capacity

5. The Design and Implementation of Exercise Programs

The student will:

- 5.1. Examine and describe factors associated with the design of exercise programs.
- 5.2. Examine and describe factors associated with the monitoring and evaluation of exercise programs.
- 5.3. Identify factors associated with injury

6. Variables Associated with Exercise

The student will:

- 6.1. Examine and describe exercise contraindications.
- 6.2. Describe the neuromuscular effects of stress and relaxation.
- 6.3. Describe the relationship of nutrition to exercise.
- 6.4. Describe the effects associated with physical inactivity.
- 6.5. Describe the musculoskeletal concepts associated with the care of the back.
- 6.6. Identify the motivational factors involved in adhering to an exercise program.
- 6.7. Identify the positive and negative effects of exercise on personal health.
- 6.8. Discuss the effects of exercise on growth and development.
- 6.9. Discuss the effects of exercise with respect to the field of gerontology.