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KNR 240 - Principles and Application of Fitness Training			
Code	Description	Instructed	Evaluated
CE-20h	circulatory assessments (pulse, blood pressure, auscultation)		
CE-20h.1	pulse		
CE-20h.2	blood pressure		
CE-21i	Cardiovascular function (including differentiation between normal and ... abnormal heart sounds, blood pressure, and heart rate) <input type="checkbox"/>		
CE-21i.1	heart sounds		
CE-21i.2	blood pressure		
CE-21i.3	heart rate		
PHP-25	Describe the role of exercise in maintaining a healthy lifestyle and ... preventing chronic disease. <input type="checkbox"/>		
PHP-26	Identify and describe the standard tests, test equipment, and testing ... protocols that are used for measuring fitness, body composition, posture, flexibility, muscular strength, power, speed, agility, and endurance. <input type="checkbox"/>		
PHP-27	Compare and contrast the various types of flexibility, strength training, ... and cardiovascular conditioning programs to include expected outcomes, safety precautions, hazards, and contraindications. <input type="checkbox"/>		
PHP-28	Administer and interpret fitness tests to assess a client's/patient's ... physical status and readiness for physical activity. <input type="checkbox"/>		
PHP-29	Explain the basic concepts and practice of fitness and wellness ... screening. <input type="checkbox"/>		
PHP-30	Design a fitness program to meet the individual needs of a client/patient ... based on the results of standard fitness assessments and wellness screening. <input type="checkbox"/>		
PHP-31	Instruct a client/patient regarding fitness exercises and the use of ... muscle strengthening equipment to include correction or modification of inappropriate, unsafe, or dangerous lifting techniques. <input type="checkbox"/>		
PHP-43	Describe the principles and methods of body composition assessment to ... assess a client's/patient's health status and to monitor changes related to weight management, strength training, injury, disordered eating, menstrual status, and/or bone density status. <input type="checkbox"/>		
PHP-44	Assess body composition by validated techniques.		
PHP-45	Describe contemporary weight management methods and strategies needed to ... support activities of daily life and physical activity. <input type="checkbox"/>		