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KNR 280 - Exercise Physiology			
Code	Description	Instructed	Evaluated
CE-21i	Cardiovascular function (including differentiation between normal and ... abnormal heart sounds, blood pressure, and heart rate) <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
CE-21i.1	heart sounds	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
CE-21i.2	blood pressure	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
CE-21i.3	heart rate	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
PHP-10	Explain the principles of the body's thermoregulatory mechanisms as they ... relate to heat gain and heat loss. <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
PHP-11	Explain the principles of environmental illness prevention programs to ... include acclimation and conditioning, fluid and electrolyte replacement requirements, proper practice and competition attire, hydration status, and environmental assessment (eg, sling psychrometer, wet bulb globe temperatures [WBGT], heat index guidelines). <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
PHP-25	Describe the role of exercise in maintaining a healthy lifestyle and ... preventing chronic disease. <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" 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"/>	<input checked="" type="checkbox"/>	<input checked="" 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"/>	<input checked="" type="checkbox"/>	<input checked="" 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"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
PHP-29	Explain the basic concepts and practice of fitness and wellness ... screening. <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" 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"/>	<input checked="" type="checkbox"/>	<input checked="" 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"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
PHP-42	Explain how changes in the type and intensity of physical activity ... influence the energy and nutritional demands placed on the client/patient. <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" 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"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
PHP-45	Describe contemporary weight management methods and strategies needed to ... support activities of daily life and physical activity. <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
TI-5	Compare and contrast the variations in the physiological response to ... <input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

| injury and healing across the lifespan. |

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