Student Learning Outcomes

Prevention and Health Promotion

- 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.
- 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.
- PHP 28 - Administer and interpret fitness tests to assess a client's/patient's physical status and readiness for physical activity.
- 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.
- PHP 42 - Explain how changes in the type and intensity of physical activity influence the energy and nutritional demands placed on the client/patient.
- 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.
- PHP 44 - Assess body composition by validated techniques.

Note: Consider adding Exercise Prescription Component