

## **KIN 175 Physical Activity and Health**

### **RISK MANAGEMENT AND INJURY PREVENTION**

#### Cognitive Domain

- 9 Defines the use of standard tests, test equipment, and testing protocol for the measurement of cardiovascular respiratory fitness, body composition, posture, flexibility or muscular strength, power, and endurance.
- 12 Compares and contrasts the use of various types of flexibility and stretching programs, considering the results athletes and others involved in physical activity would expect if they followed a recommended routine.

#### Affective Domain

- 9 Appreciates and respects the concepts and theories pertaining to strength, flexibility, and endurance programs or routines.

### **PATHOLOGY OF INJURIES AND ILLNESSES**

#### Cognitive Domain

- 13 Outlines the autoimmune and immunodeficiency responses and their associated diseases (e.g., lupus, HIV/AIDS).

#### Affective Domain

- 5 Understands how the use of exercise will improve the non-diseased organ system, thus enhancing overall wellness.

### **ASSESSMENT AND EVALUATION**

#### Cognitive Domain

- 2 Distinguishes the anatomical and physiological growth and development characteristics of athletic and physically active males and females in the following stages: pre-adolescent; adolescent; adult; and senior.
- 3 Describes the physiological and psychological effects of physical activity and their impact on the performance of athletes and individuals involved in other forms of physical activity.
- 17 Explains the distinction between body weight and body composition.
- 18 Describes the use of basic somatotyping to quantify objective physical characteristics.

#### Affective Domain

- 5 Appreciates the practical importance of thoroughness in a clinical evaluation.

### **GENERAL MEDICAL CONDITIONS AND DISABILITIES**

#### Cognitive Domain

- 26 Describes the signs, symptoms, and management of common sexually transmitted diseases (STD).

## **NUTRITIONAL ASPECTS**

### Cognitive Domain

- 1 Describes personal health habits (hygiene, diet, nutrition, weight control, proper amount of sleep, effects of alcohol, tobacco, and drugs) and their role in preventing injury or illness and in maintaining a healthy lifestyle.
- 2 Constructs methods to determine the recommended daily allowances (RDAs) of a healthy diet for athletes and others involved in physical activity.
- 3 Describes the nutritional food pyramid and explains its use.
- 6 Explains the importance of good nutrition in enhancing performance and preventing injury and illness.
- 7 Describes the common illnesses and injuries that are attributed to poor nutrition.
- 8 Evaluates the energy and nutritional demands of specific activities and the nutritional demands placed on athletes and others involved in physical activity.
- 9 Delineates the effects of poor dietary habits on bone loss, injury, and long term health.
- 10 Applies the principles of nutrition, including the roles of fluids and electrolytes, vitamins, minerals, ergogenic aids, macronutrients, carbohydrates, protein, fat, and dietary supplements, as they relate to the dietary and nutritional needs of athletes and others involved in physical activity.
- 15 Recognizes the implications of FDA endorsement of nutritional products.
- 17 Analyzes the principles of weight control, including body fat percentage, caloric requirements, effects of exercise, and fluid loss.
- 18 Identifies the consequences of improper fluid replacement.

### Psychomotor Domain

- 4 Includes the proper percentages of carbohydrates, protein, and fat in a diet based on age, gender, and type and level of physical activity.

## **HEALTH CARE ADMINISTRATION**

### Cognitive Domain

- 34 Identifies contemporary personal and community health issues and the commonly available school health services, community health agencies, and community-based psychological and social support services.