

KIN 491 Exercise Physiology

RISK MANAGEMENT AND INJURY PREVENTION

Psychomotor Domain

- 6 Uses commercial fitness equipment to administer standard physical fitness tests and records and interprets the test results.
- 11 Implements and administers fitness programs, including correction or modification of inappropriate, unsafe, or dangerous fitness routines.

NUTRITIONAL ASPECTS

Cognitive Domain

- 11 Illustrates the physiological processes and time factors involved in the digestion, absorption, and assimilation of food, fluids, and nutritional supplements as they relate to the design and planning of pre- and post-activity meals, considering menu content, time scheduling, and the effect of tension and anxiety before activity.