

**Covenant School of Nursing**  
**Instructional Module 1 - Learning Guide**  
**Topic: Activity and Exercise**

<b>Learning Goals/Outcomes</b>
Upon completion of this lesson, you will be able to: <ul style="list-style-type: none"><li>• List then describe the five types of exercises.</li><li>• Discuss the importance of flexibility training, resistance training, and aerobic conditioning.</li><li>• Explain risks associated with exercise.</li></ul>
<b>Pre-Class Preparation</b>
Required: <ul style="list-style-type: none"><li>• Review PowerPoint prior to class.</li></ul>
<b>Learning Activities</b>
Classroom Activities <ul style="list-style-type: none"><li>• Lecture</li><li>• Classroom discussion</li></ul> Laboratory/Clinical Activities: <ul style="list-style-type: none"><li>• Outdoor activities</li></ul> Online: <ul style="list-style-type: none"><li>• None</li></ul>
<b>Evaluation Methods</b>
<ul style="list-style-type: none"><li>• Unit Exam</li></ul>

<b>Texas DEC's</b>	<b>QSEN Competency (s)</b>
<b>Knowledge</b> IIB.2.4.6 IID1.b. IIE.12 IIF.2 IIH.3.a. IIIB.1.a.b2.3.4. IIID.1c. <b>Clinical Judgments and Behaviors</b> IIB.1.2.3.a.4. IIC.7 IIf.1.a.b.2.a.b.6 IIIB.1.3.a.6.8. IIID.3.	Patient Centered Care
<b>Student Learning Outcomes</b>	<b>NCLEX Test Plan</b>
1,3,7,8	HPM: Health Promotion/Disease Prevention
<b>Concepts</b>	<b>Faculty</b>
Mobility	<b>M Foster MSN, RN</b>
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