

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

Learning Goals/Outcomes

Upon completion of this lesson, you will be able to:

- List then describe the five types of exercises.
- Discuss the importance of flexibility training, resistance training, and aerobic conditioning.
- Explain risks associated with exercise.

Pre-Class Preparation

Required:

- Review PowerPoint prior to class.
- Read Potter & Perry 10th. Ed. Chapter 38 Activity and Exercise

Learning Activities

Classroom Activities

- Lecture
- Discussion

Laboratory/Clinical Activities:

- Outdoor activities

Online:

- None

Evaluation Methods

- Unit Exam

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