

## **Developing Exercise Objectives**

### **Learning Objectives**

- Identify the purpose and characteristics of exercise objectives
- Determine sources to consider before writing exercise objectives
- Understand how to develop exercise objectives by using a five-point strategy and three main components
- Identify common mistakes made when writing exercise objectives
- Understand considerations for grouping and numbering exercise objectives
- Comprehend how to create a master exercise objectives list
- Differentiate how to use exercise objectives