

Fitness-Related Experts

Title	Description
Physician with legitimate credentials (MD or DO)	Expert in diagnosis and treatment of injury and illness
Registered nurse (RN)	Expert in administering medical treatment and health care services
Certified health education teacher	Expert in health education and health-related issues
Physical educator	Expert in exercise, sport, dance, and physical fitness
Registered physical therapist (RPT)	Expert in rehabilitation through exercise, massage, heat, cold, sound, electrical stimulus, gait training, and other modalities
Registered dietitian (RD)	Expert on food and nutrition

Adapted, by permission, from C. Corbin and R. Lindsey, 2004, *Fitness for life*, 5th ed. (Champaign, IL: Human Kinetics).

Activity 9.1 Fitness-Related Experts

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics). Adapted, by permission, from C. Corbin and R. Lindsey, 2004, *Fitness for life*, 5th ed. (Champaign, IL: Human Kinetics).