• RM G–1: Guidelines for Mutual Understanding
• RM G–2: Active Learning Strategies
• RM G–3: Exercise Do’s and Don’ts
• RM G–4: Principles of Training and Conditioning for Physical Activities
• RM G–5: FITT Principle Guidelines
• RM G–6: Heart-Rate Zone Levels
• RM G–7: Heart-Rate Zone Formula
• RM G–8: Effects of Alcohol and Drugs: Trivia Game and Answer Key
• RM G–9: Contraceptive Methods and Considerations: Answer Key