

EXERCISE SCIENCE, B.S.

Learning Outcomes

1. Students will describe the relationship among behavior, physical activity, functional capacity, and health and disease across the life span.
2. Students will explain the connections between anatomical structures, physiological, and cellular mechanisms of exercise.
3. Students will use scientific inquiry skills to understand research on exercise science and public health issues.
4. Students will conduct disease risk factor screening, physical fitness assessments, and clinical exercise testing.
5. Students will explain factors related to optimal motor skill function related to physical activity and exercise.
6. Students will demonstrate proficient reasoning and critical thinking including the ability to analyze, synthesize, and evaluate information to make sound decisions and solve problems as they apply to exercise science and health.