

Department of Kinesiology

Exercise and Sport Science - Student Learning Outcomes

1. Explain the health benefits associated with physical activity and exercise, as well as the health consequences associated with inactivity.
2. Describe the metabolic, physiologic, biomechanical, and developmental mechanisms by which participation in physical activity aids in health promotion and disease prevention.
3. Critically evaluate and integrate new information into professional practice in order to solve relevant health problems; speak and write effectively to a target audience on the prevention and intervention of such problems.
4. Competently measure and assess fitness, movement skills, physical performance, and risk for disease.
5. Design an exercise or strength training program to enhance all components of fitness, promote health, and optimize performance.
6. Serve various populations, integrating compassionate care and the Christian faith with their professional practice.