

Exercise Science, BS

BS Exercise Science Program Learning Outcomes

At the successful conclusion of this program, students will be able to:

1. Illustrate physiological, psychomotor, developmental, and biomechanical responses during exercise in multiple environments and populations.
2. Assess, develop, and adjust an appropriate exercise program for different populations.
3. Develop appropriate exercise techniques and mechanics to optimize movement along with additional strategies to improve exercise compliance, retention, and motivation.
4. Evaluate research while applying evidence-based decision-making skills.
5. Recommend and create an effective environment in which sport, exercise, and physical activity can be integrated.