



Student Learning Outcomes

College: Health and Human Services

Department: Kinesiology

Degree Program: Bachelor of Science in Exercise Science

- 1) The student will demonstrate the knowledge and skills of fundamental biomechanical principles that underlie human movement.
- 2) The student will demonstrate the knowledge and skills of the physiological and metabolic responses to exercise in healthy individuals and in individuals associated with chronic disease (heart disease, hypertension, diabetes mellitus, and pulmonary disease).
- 3) The student will demonstrate the knowledge and skills of selecting appropriate testing and training modalities according to the age and functional capacity of the individual.
- 4) Prepare the individual in the knowledge and skills of the relationship between body composition and health.
- 5) Prepare the individual in the knowledge of and the ability to use the documentation required when a client shows signs or symptoms during an exercise session and should be referred to a physician.
- 6) Students will demonstrate effective written and oral communication skills.