

Program Goals – Exercise Science B.S.

1. To utilize knowledge (cognitive domain), skills (psychomotor domain), and abilities (affective domain) to evaluate risk factors and apply exercise prescriptions for individuals who are healthy, at risk, or who have known disease.
2. To utilize knowledge, skills, and abilities to conduct and evaluate exercise and fitness assessments.
3. To demonstrate ability to access and evaluate information and incorporate exercise science research into practice for improving individuals' exercise and fitness behaviors.
4. To prepare undergraduate Exercise Science students as entry level professionals for careers in exercise science related professions, related allied health fields, or graduate level education.
5. To prepare undergraduate Exercise Science students for professional certifications from national organizations.
6. To demonstrate effective professional communication, promote cultural awareness, and demonstrate a commitment to learning.