Program Student Learning Outcomes

College:  Arts & Science  
Program:  Health & Exercise, BS

Upon completion of the B.S. in Health and Exercise Science, students should be able to:

- Demonstrate the necessary knowledge of major principles and concepts in health and exercise science. Specifically, students will:
  a) Describe major principles from each HES “Core” course
  b) Apply concepts and principles to real-world situations such as exercise prescription, diet choices, etc.

- Analyze and philosophically reflect on major concepts and principles in health and exercise science and analyze and interpret research questions and professional issues. Specifically, students will:
  a) Review relevant literature and identify a relevant research topic
  b) Write testable hypotheses and design research methodology
  c) Collect data
  d) Analyze and interpret their research findings
  e) Present findings in written and oral forms

- Communicate major principles and concepts in oral and written form.