

Bachelor of Science - Exercise Science

Course	Course Title	EXSCB1	EXSCB2	EXSCB3	EXSCB4	EXSCB5	EXSCB6	ILO1	ILO2	ILO3	ILO4	ILO5
SOCL 335	Applied Research Methods			X				X	X			X
SPM 423	Sport Facility and Event Management	X	X	X	X	X	X	X	X		X	X
EXS 140	Foundations/Principles/History Sport	X	X	X	X		X	X	X		X	X
EXS 252	Exercise Physiology	X		X				X	X		X	X
EXS 460	Exercise Testing and Prescription	X		X		X	X	X	X		X	X
HEA 152	Wellness	X	X		X		X	X	X		X	X
HEA 254	Nutrition and Fitness	X						X	X		X	X
EXS 491	Field Exp Exercise Science & Sport Mgmt					X	X	X	X		X	X
EXS 125	Designing Exercise Programs	X	X	X	X	X	X	X	X		X	X

Institution Learning Outcomes

- ILO1 Communication: Communicate professionally using a variety of modalities (written, spoken, and technological).
- ILO2 Critical Thinking: Analyze and evaluate information to make reasoned arguments and solve problems.
- ILO3 Civic & Global Engagement: Integrate knowledge and skills to engage with and respond to social, environmental, and economic challenges at local, national, and global levels.
- ILO4 Ethics: Analyze and evaluate complex issues and situations to make informed ethical decisions.
- ILO5 Disciplinary Expertise

Program Learning Outcomes

- EXSCB1 Evaluate physiological status of client using tests of cardiovascular fitness, muscular strength, and body composition.
- EXSCB2 Explain to clients the processes and behaviors for changing physiological status.
- EXSCB3 Analyze client's ability to move and design programs for modifying movement profiles.
- EXSCB4 Identify different behavioral change techniques and choose appropriate behavioral change strategies.
- EXSCB5 Describe and locate various technologies for assessment and communication of physiological and physical literacy characteristics.
- EXSCB6 Apply the design of individually tailored exercise prescriptions and the associated exercise techniques.