

Outcomes and Curriculum Map - Exercise Science

KEY

I = Introduce; R = Reinforce;

E = Emphasize

X = Extent to which outcome is addressed is not specified

PROGRAM MISSION STATEMENT: The mission of the Exercise Science program is to provide students with an Associate Degree that provides a strong foundation in exercise science that can be used as either a transfer option or career option in high demand physical activity professions that will allow graduates to deliver high quality health and fitness programming in the community.

OBJECTIVES		ASSOCIATED LEARNING OUTCOMES		PROGRAM CURRICULUM: SPECIFIC COURSES AND RELATIONSHIP TO OUTCOME																	
				Requirements																	
				PED 135 Resistance Exercise Principles & Techniques	PED 147 Cardiovascular Exercise Techniques & Modalities	PED 161 Introduction to Exercise Science	PED 168 Leading Fitness Activities	PED 200 Functional Anatomy & Kinesiology	PED 201 Strength & Conditioning	PED 212 Exercise for Special Populations											
The objectives of the Exercise Science Program include:		The graduating student will be able to:																			
1	Students will know and apply discipline-specific scientific and theoretical concepts.	1	Identify and describe physiological and anatomical aspects of human anatomy and/or movement	I	E	I	R	E	R	E											
		2	Know the principles of sound nutrition.	R	R	I	R		R	E											
		3	Know the principles of fitness	E	E	E	E	R	E	R											
		4	Describe the benefits of exercise, the recommendations, training modifications, precautions, and contraindications for	E	E	I	R	E	E	E											
		5	Describe the etiology of common chronic and acute musculoskeletal injuries	I	E	E	R	E	R	E											
		6	Describe the physical activity induced changes to body structures and systems	E	E	E	R	E	E	E											
2	Students will plan, develop and implement developmentally appropriate physical activity programs to address the diverse needs of participants	1	Develop physical fitness programs.				E	E	E	E											
		2	Develop and implement an effective movement preparation program	E					E	E											

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	3 Develop corrective exercise programs to address common postural, transitional and dynamic movement dysfunctions.	I				E	R					
3 Students will Identify, assess and analyze human movement in different contexts	1 Administer and evaluate detailed medical history/health appraisal forms, a lifestyle questionnaires and exercise histories.	I	I		R	E	E	E				
	2 Conduct, evaluate and interpret a variety of physical fitness tests	E	E		R	E	R	R				
	3 Evaluate dietary needs.	I	E	I			E	E				
	4 Determine capacities and limitations of a client with a specialized need or condition:	R	R	I	R	E	E	E				
4 Students will demonstrate effective professional skills and behaviors	1 Describe, model, instruct and critique exercises from a variety of modalities.	E	E		E	E	E					
	2 Select, evaluate and utilize professional research journals			I	R	R	E	E				
	3 Develop outcome, performance and process goals for personal, career and instructional purposes			E		R	E	R				
	4 Use technology in physical activity programming		E		E		R					
	5 Modify a physical activity program to coincide with the limitations and capacities of a client with a specialized need or condition	E	E		E	E	E	E				

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	<p>6 Properly monitor and maintain equipment and create a safe exercise environment according to industry standards</p>	E	E		E		E					