

Indiana State University
College of Nursing, Health, and Human Services
Department of Kinesiology, Recreation, & Sport
Program Outcomes

Physical Education Teacher Education Program Outcomes

1. Demonstrate knowledge of physical education content.
2. Manage and motivate students in a variety of school aged children.
3. Prescribe skill assessments for student learning and performance.
4. Communicate effectively with colleagues, peers, and students.
5. Practice appropriate lesson planning and instructional skills.
6. Reflect on individual teaching performances, student learning, and disposition as a teacher.
7. Utilize technology in the educational setting.

Undergraduate Exercise Science Program Objectives

- 1. Apply knowledge and principles to exercise science.**
 - a. Explain physiological responses to aerobic exercise.
 - b. Explain physiological responses to resistance exercise.
 - i. Physiological responses include: respiratory, musculoskeletal, cardiovascular, endocrine, central nervous system.
- 2. Apply knowledge and principles of fitness related programs.**
 - a. Explain physiological responses to aerobic training.
 - b. Explain physiological responses to resistance training.
 - i. Physiological responses include: respiratory, musculoskeletal, cardiovascular, endocrine, central nervous system.
- 3. Prescribe skill assessments for a variety of clients/settings.**
 - a. Demonstrate how to evaluate HR/BP at rest and during exercise.
 - b. Demonstrate how to perform maximal and submaximal exercise testing.
 - c. Demonstrate how to evaluate body composition.
 - d. Demonstrate how to perform and evaluate strength.
 - e. Demonstrate how to perform and evaluate flexibility.
 - f. Demonstrate how to execute and evaluate athletic performance testing.
 - g. Demonstrate the ability to analyze kinematic and kinetic data during human movement.
- 4. Communicate effectively in a professional exercise science setting.**
 - a. The ability to demonstrate written exercise testing and prescription.
 - b. The ability to orally demonstrate exercise testing and prescription.
- 5. Demonstrate professional attributes and appropriate behavior.**
 - a. Demonstrate how to critique and apply proper exercise technique.
 - b. Exhibit suitable clinical skills while engaging in experiential learning.
- 6. Practice appropriate safety procedures in health and fitness settings.**
 - a. Proper exercise prescription for the given population.
 - b. Facility design and equipment inspection.

- c. CPR/FA/AED certified.
- d. Demonstrate and analyze use of appropriate pre-screening techniques.
- e. Recognition of adverse effects in response to exercise testing and training.

RCSM Undergraduate Program Outcomes

- Management Skills - Integrate basic facts, principles, and processes in the design and management of RCSM events, programs, and facilities
- Leadership, Followership & Teamwork - Demonstrate the ability to lead, follow, and collaboratively work with others to accomplish organizational goals
- Critical Thinking & Problem Solving - Differentiate causes and consequences of problems in order to propose and select among alternatives
- Decision-making - Appropriately use evidence based decision-making strategies to achieve organizational goals
- Effective Communication - Use multiple mediums to effectively communicate, in appropriate oral and written forms, in the workplace
- Values & Ethical Principles - Apply personal and professional values and ethical principles in the professional setting
- Scope of the Profession - Demonstrate entry level knowledge of the scope of the profession and propose an action plan for personal development and professional advancement

Sport Management Graduate Program Outcomes

- Assessment – Demonstrate understanding and ability to use field data collection and statistical analysis techniques in sport settings.
- Facility Planning & Design – Demonstrate understanding of definitions, concepts, theories, and application of facility planning, design, and maintenance.
- Administrative Theory & Management Practice – Demonstrate understanding of definitions, concepts, theories, and application of management principles in public and nonprofit sport settings.
- Finance – Demonstrate understanding of principles, practices, and application of fiscal operations in sport settings.
- Legal Aspects & Risk Management – Demonstrate understanding of definitions, concepts, theories, and application of legal concepts including risk management in sport settings.
- Marketing – Demonstrate understanding of theories and issues in sport marketing, grounded within traditional marketing principles, and emphasizing unique application in sport settings.
- Communications & Media Relations – Demonstrate understanding and ability to use community relations and media communication plans in sport settings.
- Leadership – Demonstrate understanding of definitions, concepts, theories, application, and assessment of leadership in sport settings.
- Ethics – Demonstrate understanding and ability to use personal and professional values and ethical principles in sport settings.
- Governance – Demonstrate understanding of policy analysis and the implications for sport governance.

Physical Education Masters' Exercise Science Program Outcomes

At completion of the undergraduate Exercise Science program, the student will be able to...

1. Demonstrate understanding and application of research in sport and exercise science.
2. Apply knowledge and principles related to concepts in advanced physical training techniques/methods reflected in the development & prescription of appropriate training programs.
3. Integrate principles within sport psychology and exercise experience to maximize performance.
4. Demonstrate motion analysis techniques in order to produce effective movement patterns.
5. Prescribe appropriate exercise based on individual assessments.
6. Demonstrate ability to effectively educate individuals regarding healthy choices over the lifespan.

Program Objectives for the Master's Program in Physical Education (Coaching)

Outcome 1. Research in Sport and Exercise Science

Implement knowledge application of research in sport and exercise science.

Outcome 2. Integrate Sport & Exercise Psych Principles

Integrate principles within sport and exercise psychology to enhance the sport and exercise experience

Outcome 3. Physical Conditioning

Apply advanced physical conditioning theory, principles and testing modalities in sport and exercise settings.

Outcome 4. Effective Learning Environment

Facilitate effective learning in a sport environment that is appropriate to the age and skill level of all participants

Outcome 5. Professional Coaching Attributes and Behaviors

Demonstrate professional coaching attributes and behaviors.

Outcome 6. Demonstrate Understanding of Administration

Demonstrate understanding of the organization and administration systems in sport settings.