

Objective 1

Courses and Activities Mapped to BA/BS in Physical Educ Exercise Science Outcome Set

Obj. 1 - Ex Science Application Apply knowledge and principles related to exercise science.		Obj. 2 - Ex Science Articulate Articulate knowledge and principles of fitness related programs.		Obj. 3 - Ex Science Prescribe Prescribe assessments for a variety of clients/settings.								Obj. 4 - Ex Science Communicate Communicate effectively in a professional exercise science setting.			Obj. 5 - Ex Science Demonstrate Demonstrate professional attributes and appropriate behaviors.			Obj. 6 - Ex Science Practice Practice appropriate safety procedures in health and fitness settings.				
a. Explain physiological responses to aerobic exercise.	b. Explain physiological responses to resistance exercise.	a. Explain physiological responses to aerobic training.	b. Explain physiological responses to resistance training.	a. Demonstrate pre-fitness exercise evaluation	b. Demonstrate how to execute and evaluate athletic perfo	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 performa	g. Demonstrate the ability to analyze kinematic and kinetic	a. Integrate principles within exercise testing and prescrip	b. The ability to orally demonstrate exercise testing and pr	c. Integrate principles within sport and exercise psychology	a. Demonstrate how to critique and apply proper exercise tec	a. Demonstrate how to critique and apply proper exercise tec	b. Exhibit suitable clinical skills while engaging in experi	a. Proper exercise prescription for the given population.	b. Facility design and equipment inspection.	c. CPR/FIA/AED certified.	d. Demonstrate and analyze use of appropriate pro-screening	e. Recognition of adverse effects in response to exercise to	
i. Physiological responses include: respiratory, musculoskeletal, cardiovascular, endocrine, central nervous system.	i. Physiological responses include: respiratory, musculoskeletal, cardiovascular, endocrine, central nervous system.	i. Physiological responses include: respiratory, musculoskeletal, cardiovascular, endocrine, central nervous system.	i. Physiological responses include: respiratory, musculoskeletal, cardiovascular, endocrine, central nervous system.																			

Courses and Learning Activities

PE 180 Fitness for Majors and Minors																I	I					
PE 201 Introduction to Kinesiology and Physical Education				I	I	I	I	I	I	I	I	I	I									
PE 218 Aerobic and Anaerobic Training Methods																I	I	I	I	I	I	
PE 219 Resistance Training Methods																I	I	I	I	I	I	
PE 220 Human Physiology	I	I	I	I																		
PE 380 Analysis of Human Motion					P	P	P	P	P	P	P											
PE 381 Physiology of Exercise	P	P			P	P	P	P	P	P												
PE 385 Foundations of Conditioning				P	P													P	P	P	P	P
PE 390 Practicum																						
PE 392 Teaching Strategies in a Fitness Setting											P	P	P									
PE 445 Organization and Administration of Fitness Programs											P	P	P	P	P							
PE 466 Social Behavioral Aspects of Physical Activity																						
PE 483 Lifespan Fitness																						
PE 488 Fitness Appraisal and Exercise Prescription	R	R	R	R	R	R	R	R	R	R				R	R							
PE 489 Chronic Lifestyle Disease											R	R	R									
PE 490 Internship	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R

Legend: I Introduced P Practiced R Reinforced

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