

## Student Learning Outcomes Library

Office of Assessment & Accreditation

Indiana State University

Physical Education – Exercise Science M.S.

Fall 2015

Outcome	Related Foundational Studies or Graduate Goal
1.1 Apply knowledge of basic research design.	
1.2 Articulate understanding of research in the health/fitness setting.	
1.3 Demonstrate understanding of statistical principles through data collection, analysis, and interpretation.	
2.1 Apply sport and exercise psychology theory and principles through writing.	
2.2 Identify appropriate motivational techniques in a health/fitness setting.	
3.1 Explain physiological responses to aerobic exercise testing and training.	
3.2 Explain neuromuscular responses to resistance exercise testing and training.	
4.1 Students will demonstrate proper quantitative and qualitative motion analysis techniques while evaluating selected human movement skills for effective movement patterns.	
5.1 Demonstrate and analyze use of appropriate pre-screening techniques.	
5.2 Demonstrate the ability to prescribe exercise based on specific health data.	
6.1 Exhibit tools for successful communication of lifestyle choices.	
6.2 Understand how lifestyle choices made in youth and throughout the lifespan directly impact quality of life.	

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### Foundational Studies Learning Goals

- FS1. Solve problems.
- FS2. Evaluate ideas.

- FS3. Learn and apply knowledge and skills.
- FS4. Demonstrate appreciation for the arts.
- FS5. Embrace civic duty.
- FS6. Understand diversity.

- FS7. Act as a global citizen.
- FS8. Behave ethically.
- FS9. Cultivate wellness.
- FS10. Communicate effectively.

### **Graduate Student Learning Goals**

- G1. Demonstrate professional communication proficiencies.
- G2. Engage in and meaningfully contribute to diverse and complex communities and professional environments.
- G3. Recognize and act on professional and ethical challenges that arise in their field or discipline.
- G4. Achieve mastery of the knowledge required in their discipline or profession.
- G5. Achieve mastery of the skills (including using appropriate tools) required in their discipline or profession.