

# Student Learning Outcomes Library

Office of Assessment & Accreditation

Indiana State University

Physical Education – Coaching M.S.

Fall 2015

<b>Outcome</b>	<b>Related Foundational Studies or Graduate Goal</b>
<b>1.1 Apply knowledge of basic research design.</b>	
<b>1.2 Articulate understanding of research in the health/fitness setting.</b>	
<b>2.1 Apply sport and exercise psychology theory and principles through writing.</b>	
<b>2.2 Identify appropriate mental skills, including goal setting strategies, motivation, leadership, team cohesion, and development techniques in a coaching setting.</b>	
<b>2.3 Apply the concept of stress management for an individual athlete.</b>	
<b>3.1 Explain physiological responses to aerobic exercise testing and training.</b>	
<b>3.2 Explain neuromuscular responses to resistance exercise testing and training.</b>	
<b>4.1 Understand growth (social, psychological, physical) and maturation and its relation to sport and exercise.</b>	
<b>4.2 Practice sport-specific strategies in an experiential learning environment.</b>	
<b>5.1 Develop an athlete-centered philosophy.</b>	
<b>5.2 Understand responsible personal, social, ethical behaviors.</b>	
<b>6.1 Understand and disseminate ethical business administrative practices.</b>	
<b>7.1 Perform a qualitative and quantitative biochemical analysis using videographic and kinetic techniques of daily activities and sport performance in order to optimize movement efficiency.</b>	

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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.