EXERCISE SCIENCE (Updated 5/12/08)
At the completion of the Exercise Science major, the graduate is able to:

1. Apply critical thinking and evidence-based decision making in planning safe and effective exercise programming for any population as outlined by the American College of Sports Medicine and National Strength and Conditioning Association.

2. Demonstrate professional competence in practice including effective communication, conflict resolution, leadership, and decision making.

3. Assess any patient/client fitness level using the five components of fitness (muscular strength, muscular endurance, aerobic capacity, flexibility, and body composition).