

## **Program Learning Objectives**

**The six primary Exercise Science and Health Promotion Program learning outcomes/objectives are listed below.**

**Upon completion of the program, students will be able to:**

1. Plan, administer, and evaluate wellness and fitness programs, nutrition projects, and exercise physiology tracks based in sport, clinical, industrial, and corporate environments.
2. Teach and perform integrated, functional rehabilitation techniques including core stabilization, neuromuscular stabilization, reactive neuromuscular stabilization, integrated flexibility, integrated strength, speed training, foot training, and vision training.
3. Describe the launching of new ventures, as well as business and management practices, including: management theory, financial management, personnel management, record keeping, risk management, marketing, billing and technology issues.
4. Analyze and apply fitness & injury prevention research, focusing on current clinical outcomes research, psychology and physical activity research, and performance enhancement research, such as research related to special populations, (e.g. athletes at opposite ends of the age spectrum.)
5. Work in teams to develop a performance enhancement program proposal including program elements, rationale, innovative design, and supporting research.
6. Describe and apply principles and applications of leadership, including persuasiveness, leading and directing teams, leading within organizations, leadership opportunities in shaping fitness policy, techniques for managing change and empowerment.