Exercise Science Major, BS

Student Learning Outcomes

Students will:

• demonstrate competency in foundational skills of reading, writing, arithmetic, speaking and listening and thinking skills demonstrating the ability to learn, to reason, to think creatively, to make decisions and to solve problems;

• be prepared for appropriate certification exams in the industry;

• demonstrate competency in fitness testing of the relatively healthy population in all components of fitness-cardiovascular, muscle strength, endurance, flexibility and body composition.