Academic Learning Compact

Health Science - Exercise Science

Program Mission Statement

The mission of the Brooks College of Health is "To educate students in the health professions through excellence and innovation in teaching, scholarship and service". The mission of the Exercise Science program is to prepare students with professional skills and analytical abilities to assume prominent positions in health, fitness, and strength and conditioning across the state and nation. Approximately 60% of the curriculum is lecture based and 40% is hands-on practical skills courses. The program culminates in a 400 hour experiential internship working under the direct supervision of a degreed professional in the field of Exercise Science.

Student Learning Outcomes

Graduates will be able to:

Content/Discipline-Specific Knowledge/Skills

• Identify and apply concepts and principles of exercise that address an individual's health, fitness, or performance goals.

• Use concepts, principles, and skills to evaluate health status, assess fitness and design an exercise prescription within a variety of populations and settings.

Communication Skills

• Use appropriate oral and written communication skills when interacting with allied health care professionals, healthy individuals, family members, business and school administrators, colleagues, and media.

Critical Thinking Skills

• Critically examine the literature and research in exercise physiology and related fields and implement evidence-based practice as a framework for the delivery of health care.

• Perform duties within the scope of practice for exercise science physiology and work with other allied health care professionals in producing positive healthy individual outcomes.

• Develop personal and professional goals for the future in the promotion of life-long learning.

Assessment Approaches

Direct measures will include direct observation of student performance by qualified clinicians and various course-related activities such as poster/oral presentations, examinations and written papers. Indirect assessment measures will include graduate exit interviews, alumni and employer surveys, and feedback from internship site supervisors.