

Standing Requirements

## Outcomes Library

### BA/BS in Physical Educ Exercise Science Outcome Set

#### Obj. 1 - Ex Science Application

Apply knowledge and principles related to exercise science.

Outcome	Mapping
a. Explain physiological responses to aerobic exercise. i. Physiological responses include: respiratory, musculoskeletal, cardiovascular, endocrine, central nervous system.	No Mapping
b. Explain physiological responses to resistance exercise. i. Physiological responses include: respiratory, musculoskeletal, cardiovascular, endocrine, central nervous system	No Mapping

#### Obj. 2 - Ex Science Articulate

Articulate knowledge and principles of fitness related programs.

Outcome	Mapping
a. Explain physiological responses to aerobic training. i. Physiological responses include: respiratory, musculoskeletal, cardiovascular, endocrine, central nervous system.	No Mapping
b. Explain physiological responses to resistance training. i. Physiological responses include: respiratory, musculoskeletal, cardiovascular, endocrine, central nervous system.	No Mapping

#### Obj. 3 - Ex Science Prescribe

Prescribe assessments for a variety of clients/settings.

Outcome	Mapping
a. Demonstrate pre-fitness exercise evaluation	No Mapping
b. Demonstrate how to execute and evaluate athletic perfo	No Mapping
c. Demonstrate how to evaluate body composition.	No Mapping

#### Obj. 4 - Ex Science Communicate

Communicate effectively in a professional exercise science setting.

Outcome	Mapping
a. Integrate principles within exercise testing and prescrip	No Mapping
b. The ability to orally demonstrate exercise testing and pr	<b>Foundational Studies:</b> 10. Express themselves effectively, professionally, and persuasively both orally and in writing.

#### Obj. 5 - Ex Science Demonstrate

Demonstrate professional attributes and appropriate behaviors.

Outcome	Mapping
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a. Demonstrate how to critique and apply proper exercise tec No Mapping

b. Exhibit suitable clinical skills while engaging in experi No Mapping

**Obj. 6 - Ex Science Practice**

Practice appropriate safety procedures in health and fitness settings.

Outcome	Mapping
a. Proper exercise prescription for the given population.	No Mapping
b. Facility design and equipment inspection.	No Mapping
c. CPR/FA/AED certified.	No Mapping
d. Demonstrate and analyze use of appropriate pre-screening	No Mapping
e. Recognition of adverse effects in response to exercise te	No Mapping

Last Modified: 02/05/2013 09:13:45 AM CDT