



# Program Learning Outcomes

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## Sport and Exercise Studies

1. Demonstrate proficiency interpreting exercise pre-participation health screenings and performing industry-standard health and fitness assessments.
2. Effectively demonstrate and safely teach a variety of exercise modalities.
3. Effectively design, implement, supervise, and evaluate exercise prescriptions and programs based on client's assessment results, needs, goals, and interests.
4. Effectively educate, motivate and communicate healthy lifestyle behavior modifications.
5. Perform safe and ethical practices in a variety of health and fitness-related settings within industry standards.
6. Demonstrate an understanding of planning and administering effective fitness, recreational, sport, and wellness activities and programs.
7. Demonstrate knowledge of anatomy, exercise physiology, kinesiology and biomechanics as they relate to human movement, exercise and sport.