

School of Kinesiology & Recreation
Illinois State University

Student Learning Outcomes

(Updated 7/29/02)

EXERCISE SCIENCE AND FITNESS SEQUENCE

Upon completion of this sequence, the student will:

1. Acquire foundational knowledge pertaining to the study of human movement and physical activity.
2. Apply foundational knowledge of human movement and physical activity in the physical education teaching sequence.
3. Effectively engage in critical thinking and communication regarding contemporary issues related to human movement and physical activity.
4. Demonstrate the knowledge, skills, and ability of an Exercise Science and Fitness Professional.
5. Demonstrate the ability to assess human performance related characteristics of individuals from diverse populations.
6. Demonstrate the ability to design, implement, manage, and evaluate safe and effective physical activity programs for individuals from diverse populations in a variety of settings.
7. Be a proponent [and example] of leading a physically active lifestyle.