ASSESSMENT

MS-Exercise Science
Program-Level Student Learning Outcomes

- Demonstrate knowledge, skills and abilities in the muscular, cardiovascular and respiratory systems that will allow the student to work effectively in the clinical, corporate, and commercial health and wellness environments and/or pursue advanced degrees in areas of study requiring this body of knowledge.

- Demonstrate knowledge, skills and abilities in health appraisal, fitness and clinical exercise testing.

- Demonstrate knowledge, in exercise prescription and programming that will allow for skills and abilities to design, implement and assess exercise programs intended to accomplish pre-established goals for normal and special populations (i.e. elderly, pre and post-natal women, cardiovascular disease, COPD, diabetic, obese).

- Demonstrate knowledge in cardiovascular, pulmonary, neuromuscular, and metabolic pathophysiology and exercising risk factors that will allow for skills and abilities to design, implement and assess exercise programs intended to accomplish pre-established goals.

- Demonstrate knowledge in nutrition and weight management that will allow for skills and abilities to design, implement and assess nutrition and weight management programs intended to accomplish pre-established goals.

- Knowledge of cardiovascular risk factors or conditions that may require consultation with medical personnel before testing or training, including inappropriate changes of resting or exercise heart rate and blood pressure, new onset discomfort in chest, neck, shoulder, or arm; changes in the pattern of discomfort during rest or exercise; fainting or dizzy spells; and claudication.