

Exercise Science

2025-2026

Exercise Science Learning Outcomes

Interpersonal Skills

The learner will demonstrate the ability to generate working relationships.

MEASURES	RESULTS	ACTIONS
<p>Practical Assessment</p> <p>Students in the 2nd year of the Exercise Science program have a practice client experience. As part of that experience, the practice client(s) complete a survey of the student's performance based on interpersonal skills, exercise knowledge, and professionalism.</p> <p>Indirect - Survey</p> <p><i>Practical Application of Program Design: EXSC 2640</i></p> <p>Target</p> <p>80% of students receive an average rating of 4 out of 5 or better on their client surveys.</p>	<p><i>No results have been added.</i></p>	<p><i>No actions have been added.</i></p>

Exercise Knowledge

The learner will demonstrate a scientific understanding of why an exercise is prescribed for a client.

MEASURES	RESULTS	ACTIONS
<p>Exercise Comprehension</p> <p>Students in the 2nd year of the Exercise Science program have a practice client experience. As part of that experience, the practice client(s) complete a survey of the student's performance based on interpersonal skills, exercise knowledge, and professionalism.</p> <p>Indirect - Survey</p> <p><i>Practical Application of Program Design: EXSC 2640</i></p> <p>Target</p> <p>80% of students receive an average rating of 4 out of 5 or better on their client surveys</p>	<p><i>No results have been added.</i></p>	<p><i>No actions have been added.</i></p>
<p>Practical Assessment Exam</p>	<p><i>No results have been added.</i></p>	<p><i>No actions have been added.</i></p>

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<p>Students in the 1st year of the Exercise Science program complete a practical assessment exam that tests their knowledge/skills of coaching exercise.</p> <p>Direct - Exam (Course)</p> <p><i>Exercise Principles and Methodology: EXSC 1690</i></p> <p>Target</p> <p>80% of students receive an 80% or better on their practical assessment exam.</p>		
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Professionalism

The learner will demonstrate the ability to manage a schedule when working with clients.

MEASURES	RESULTS	ACTIONS
<p>Practical Assessment</p> <p>Students in the 2nd year of the Exercise Science program have a practice client experience. As part of that experience, the practice client(s) complete a survey of the student's performance based on interpersonal skills, exercise knowledge, and professionalism.</p> <p>Indirect - Survey</p> <p><i>Practical Application of Program Design: EXSC 2640</i></p> <p>Target</p> <p>80% of students receive an average rating of 4 out of 5 or better on their client surveys.</p>	<p><i>No results have been added.</i></p>	<p><i>No actions have been added.</i></p>
<p>Self-Assessment Survey</p> <p>Students in the 2nd year of the Exercise Science program complete a self-assessment survey.</p> <p>Indirect - Survey</p> <p>Target</p> <p>80% of students give themselves an average rating of 4 out of 5 or better on their self-assessment surveys.</p>	<p><i>No results have been added.</i></p>	<p><i>No actions have been added.</i></p>

Physical Assessment

The learner will demonstrate the ability to assess a client's current physical capabilities.

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MEASURES	RESULTS	ACTIONS
<p>Mid-Semester Client Satisfaction Survey</p> <p>Students in the 2nd year of the Exercise Science program have a practice client experience. As part of that experience, the practice client(s) complete a survey of the student's performance based on interpersonal skills, exercise knowledge, and professionalism. This survey is gauging how well the students performed the initial consultation and assessment process with their clients.</p> <p>Indirect - Survey</p> <p><i>Practical Application of Program Design: EXSC 2640</i></p> <p>Target</p> <p>80% of students receive an average rating of 4 out of 5 or better on their client surveys.</p>	<p><i>No results have been added.</i></p>	<p><i>No actions have been added.</i></p>

Program Design

The learner will demonstrate the ability to produce a well-researched training program matching an individuals' physical abilities.

MEASURES	RESULTS	ACTIONS
<p>Practical Assessment</p> <p>Students in the 2nd year of the Exercise Science program have a practice client experience. As part of that experience, the practice client(s) complete a survey of the student's performance based on interpersonal skills, exercise knowledge, and professionalism. This survey is assessing the progress that clients felt in following the program created by the student.</p> <p>Indirect - Survey</p> <p><i>Practical Application of Program Design: EXSC 2640</i></p> <p>Target</p> <p>80% of students receive an average rating of 4 out of 5 or better on their client surveys</p>	<p><i>No results have been added.</i></p>	<p><i>No actions have been added.</i></p>

Professional Development

The learner will demonstrate the ability to examine well-researched information for further growth as a professional in the Exercise Science field.

MEASURES	RESULTS	ACTIONS
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Exercise Science

<p>Professional Development</p> <p>Students in the 2nd year of the program.</p> <p>Direct - Assignment</p> <p><i>Practical Application of Program Design: EXSC 2640</i></p> <p>Target</p> <p>80% of students receive a rating of 4 out of 5 or better on their reflection surveys.</p>	<p><i>No results have been added.</i></p>	<p><i>No actions have been added.</i></p>
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