

Key Core Courses for EST Program and list of learning outcomes from syllabi, with highlighted essential learning outcomes that will be assessed in future for program outcomes

1. 2670:250 EST Internship

COURSE GOALS/OBJECTIVES

- a. Understanding of professional work ethics, policies, and procedures in various work settings.
- b. Knowledge of patient/client rights and confidentiality.
- c. Students will be able to utilize exercise science knowledge, skills, and abilities to function competently in a work setting.
- d. Students will recognize and understand the importance of both the social and physical environments of an individual's exercise needs.
- e. Students will model professional forms of behavior, consistent with the University mission and values.
- f. Students will actively engage in a service learning experience, acknowledging a community need and enhancing development of the student's self as a servant leader.

2. 5550:100 Introduction to Sport Studies

COURSE GOALS/OBJECTIVES

- a. Demonstrate an understanding of recreation, exercise, leisure, sport, play and other associated terminology and concepts
- b. Identify important developments in the history of sport/exercise/leisure and the services profession.
- c. Identify, explain and differentiate among the various agencies that deliver sport, exercise, recreation/leisure services, understand the interrelationships among these systems and the role of professional organizations
- d. Explore personal and societal issues and trends related to technology, the economy, and political climate likely to affect recreation/leisure services present and future.
- e. Develop an awareness of sport, exercise, recreation/leisure attitudes and beliefs, and use this knowledge to advocate recreation participation and leisure experience for all people.
- f. To present an overview of the field of sport, exercise and wellness studies
- g. To describe the historical aspects of the field of sport/exercise and its relationship to current contemporary issues.
- h. To introduce the student to the various sub disciplines within the field of sport, exercise, and wellness including: sport psychology, exercise physiology, biomechanics, sport management, athletic training, physical and health education, strength and conditioning etc.
- i. To present the student with an understanding of the various career opportunities with in field of sport, exercise, and wellness.
- j. To learn strategies to aid students more fully prepare for their future careers. To introduce students to the professional literature and professional organizations that exists in the field.

3. 5550:150 Concepts of Health and Fitness

COURSE GOALS/OBJECTIVES

- a. Demonstrate knowledge and competency regarding exercise and health-related fitness.
- b. Demonstrate knowledge about exercise from the study of human exercise physiology and basic anatomy.
- c. Define the components of physical fitness and understand the means to test each component.
- d. Identify the basic principles of exercise prescriptions.
- e. Use terminology related to the field of exercise, health and medicine.
- f. Apply the principles of exercise to athletic training.
- g. Define the risk factors to cardiovascular disease and how each relates to the disease.
- h. Understand the concepts and problems related to weight management.

4. 5550:201 Kinesiology

COURSE GOALS/OBJECTIVES

- a. Increase knowledge in the areas of kinesiology, biomechanics, and anatomy.
- b. Collect facts, concepts, and principles to generate meaningful answers to a wide variety of inquiries regarding human movement patterns and the analysis of those patterns.
- c. Students will be able to identify and locate all major muscles and describe the forces involved related to sport specific activities.
- d. To master the elements of terminology, organization, methods, research, theories, models, and concepts regarding kinesiology.

5. 5550:211 FACPR

COURSE GOALS/OBJECTIVES

- a. Demonstrate knowledge and skill in:
 1. Responding to an Emergency
 2. Checking a Victim
 3. Caring for Breathing Emergencies
 4. Caring for Cardiac Emergencies
 5. Controlling Bleeds
 6. Treating Shock
 7. Treating Soft Tissue and Musculoskeletal Injuries
 8. Understanding Sudden Illnesses
 9. Dealing with Poisons, Bites and Stings
 10. Caring for Heat and Cold Emergencies
 11. Reaching and Moving Victims

- b. Facilitate facts, concepts, and principles to generate meaningful answers to a wide variety of questions.
- c. Obtain mastery of the terminology, levels of organization, classifications, methods, theories and concepts.
- d. Be able to perform CPR and provide First Aid.

6. 5550:212 FACPR-Professional Rescuer

COURSE GOALS/OBJECTIVES

a. Gain knowledge in the field of:

Responding to Emergencies

Caring for breathing emergencies

Caring for cardiac arrest

Controlling bleeds

Treating soft tissue and musculoskeletal injuries

Understanding sudden illnesses

Dealing with poisons, bites, stings

Caring for heat and cold emergencies

- b. Facilitate facts, concepts, and principles to generate meaningful answers to a wide variety of questions.
- c. Obtain mastery of the terminology, levels of organization, classifications, methods, theories, and concepts.
- d. Perform lifesaving skills of CPR and First Aid

7. 5550:220 Health Promotion and Behavior Change

COURSE GOALS/OBJECTIVES

- a. Identify and define at least five (5) behavioral strategies to enhance exercise and health behavior change (i.e., reinforcement, goal setting, social support).
- b. Identify the behavior change procedures involved in motivational interviewing.
- c. Identify behavior/environment relations in which these procedures can be used effectively to produce behavior change, and provide extensive demonstration opportunities to ensure that these procedures can be implemented accurately.
- d. Provide behavioral feedback on training effectiveness based on direct observation of classmates' and professionals' implementation of the aforementioned behavior change techniques.
- e. Focus on identifying critical components in effective behavior change program-writing.
- f. Describe the relationships between lifestyle behaviors and various health problems.
- g. Describe the potential benefits of health promotion programs for worksites and communities.
- h. Develop written communication to promote awareness on health topics.
- i. Critique and apply theories of behavior change to promote healthy lifestyles.**
- j. Ability to list and define the five important elements that should be included in each counseling session.
- k. Ability to list and describe three counseling approaches that may assist less motivated clients to increase their physical activity.
- l. Ability to list and describe the specific strategies aimed at encouraging the initiation, adherence, and return to participation in an exercise program.
- m. Apply a program planning model to a desired health behavior.**
- n. Ability to list and define the four Ps of marketing as applied to implementing a health promotion program.
- o. Compare and contrast quantitative and qualitative methods of evaluation.
- p. Identify the critical components of an evaluation report.

8. 5550:302 Physiology of Exercise

COURSE GOALS/OBJECTIVES

- a. Knowledge about exercise from the study of human exercise physiology.
- b. Define the components of physical fitness and identify the relationships to one's health and wellness.
- c. Participate in laboratory sessions designed to demonstrate the physiological responses of exercise and collect data relative to interpretation of these data.
- d. Use terminology related to the field of exercise physiology.
- e. Apply the principles of exercise physiology to physical education, coaching and athletic training.
- f. Identify and describe the physiological adjustments of the major body systems to exercise.
- g. Be able to use the knowledge and principles of Exercise Physiology in making decisions as a teacher of physical education.
- h. The student will learn to assess performance during an exercise test as well as understand the theories behind the performance

9. 5550:330 Exercise and Weight Control

COURSE GOALS/OBJECTIVES

- a. Students will demonstrate a sound knowledge of physiological principles that cause obesity.
- b. Describe the prevalence of overweight and obesity
- c. Students will understand possible mental health and psychosocial correlates of obesity
- d. Describe how genetics, gender, age, ethnicity, and socioeconomic status are related to the prevalence of obesity.
- e. Students will demonstrate an understanding of clinical assessment and body composition of obesity.
- f. Students will develop an understanding of the treatment of obesity: Weight management and aging, pediatric obesity, dietary habits, physical habits, physical activity and the public health morbidity and mortality impact.
- g. Describe medication for weight management and surgical options for obesity.
- h. Describe future directions in treating obesity.
- i. Students will gain an understanding of the importance of public health policies as strategies to prevent/control obesity.
- j. Students will be familiar with current obesity and weight management literature.

10. 5550:352 Fundamentals of Strength and Conditioning

COURSE GOALS/OBJECTIVES

- a. To describe the basic physiological factors associated with the design and implementation of strength and conditioning programs.
- b. To be able to demonstrate and teach proper lifting, breathing, and spotting techniques associated with a variety of standard weight training exercises.
- c. To properly assess fitness levels and design safe and effective strength and conditioning programs for a variety of populations.
- d. To understand and apply scientific principles that will produce effective programs.
- e. To develop an understanding of the physiological changes related to weight training.
- f. To learn how to analyze sport movements, muscles and exercises.
- g. To learn field tests to measure strength/power related fitness components.
- h. To gain an understanding of various terms, concepts, principles, physiological benefits, and other aspects of strength training and program design as they apply to various populations.

11. 5550:355 Exercise Special Populations

COURSE GOALS/OBJECTIVES

- a. Students will demonstrate a sound knowledge of physiological principles in a multitude of special populations
- b. Students will learn the basics of patient assessment
- c. Students will learn the importance of graded exercise testing and how to administer such tests.
- d. Describe how genetics, gender, age, ethnicity, and socioeconomic status are related to the prescription of activity.
- e. Students will demonstrate an understanding of special populations as it pertains to fitness facility management and staffing

12. 5570:202 Stress Management

COURSE GOALS/OBJECTIVES

- a. Obtain up to date information about a great variety of topics related to stress management and personal health & wellness
- b. Develop the skills to make informed health related decisions throughout life, to prevent stress related diseases.