Department: Health and Human Performance

Program Name: Exercise and Sport Science

Program Level: Undergraduate

College: Education and Professional Studies

Program: Major

Submitted by: Paul Shirilla

Title: Professor

Contact: paul.shirilla@uwrf.edu

Submission Date: February 16, 2017

Program Outcomes

Outcome 1: Students will be able to prescribe exercise programs for any population.

Outcome 2: Students will be able to write a training program for any population.

Outcome 3: Students will be able to describe acute and chronic cardiovascular changes that occur with exercise.

Outcome 4: Students will be able to describe acute and chronic musculoskeletal changes that occur with exercise.

Outcome 5: Students will be able to describe all the health advantages to exercise training.

Outcome 6: Students will be able to describe Human movement through biomechanical analysis.

Outcome 7: Students will be able to describe Motor control and development changes that occur with exercise.

Outcome 8: Students will be able to describe health risk factors.

Outcome 9: Students will be able to describe disease processes.

Outcome 10: Students will be able to administer appropriate exercise tests.

Outcome 11: Students will be able to assess and interpret exercise tests.
Outcome 12: Students will be able to take vital sign measurements.

Outcome 13: Students will know contraindications to testing and exercise.

Outcome 14: Students will be able to describe appropriate nutrition for athletes.

Outcome 15: Students will be able to describe appropriate nutrition for health and weight management.

Outcome 16: Students will be able to describe appropriate safety precautions during testing.

Outcome 17: Students will be able to describe appropriate actions to be taken in an emergency.

Outcome 18: Students will be able to describe appropriate patient outcomes.

Outcome 19: Students will be able to develop an appropriate program plan.

Outcome 20: Students will be able to develop and ensure quality of program information and data.

Outcome 21: Students will be able to understand how diseases affect an individual’s behavior.

Outcome 22: Students will be able to understand how to work with individuals under great stress.