

Exercise Science, BS

Learning Outcomes

Students will be able to:

- apply principles of biomechanics and musculoskeletal anatomy to better understand movement, exercise, and injury;
- apply understanding of psychological benefits and determinants of physical activity behavior to facilitate behavior change;
- apply understanding of the effects of acute exercise and training on physiological systems;
- design population-specific aerobic, strength, balance, and flexibility exercise programs for health and performance outcomes;
- measure health and fitness outcomes to inform and evaluate tailored exercise programs; and
- apply evidence-based nutrition recommendations to support and enhance sport, performance, and exercise training outcomes.