



UNIVERSITY of NORTH CAROLINA WILMINGTON  
SCHOOL of HEALTH AND APPLIED HUMAN SCIENCES

## Student Learning Outcomes

### **Exercise Science (Bachelor of Science)**

Graduates of the Exercise Science degree program will:

1. Demonstrate knowledge of human anatomical movement with associated skeletal muscular structures. (EXS 216)
2. Demonstrate knowledge of the nervous system with associated neurological structures. (EXS 217)
3. Acquire knowledge and demonstrate the skills/abilities to qualitatively and quantitatively analyze human movements during physical activity, training, and performance. (EXS 321)
4. Understand the operations and personnel functions in an allied-health agency to acquire knowledge and skills, and to develop academic and professional goals. (EXS 497)
5. Develop the knowledge, skills, and abilities to assess health- and fitness-related components of individuals from various populations. (EXS 320)
6. Develop knowledge, skills, and abilities in fundamental statistical techniques used in measurement and evaluation of human performance as well as identification of physical fitness and movement components, evaluation of measures now available in the field and administration of human performance tests. (EXS 313)
7. Acquire knowledge and demonstrate the skills/abilities to critically evaluate research in exercise science and effectively design a research study. (EXS 310)
8. Acquire knowledge and practical application skills in the law and legal issues related to amateur sport, physical activity and exercise science-related topics. (EXS 311)
9. Develop the knowledge, skills, and abilities to design an individualized strength and conditioning program, and will be prepared to sit for the nationally accredited Certified Strength and Conditioning Specialist exam. (EXS 419 & EXS 420)
10. Demonstrate application of behavioral principles to encourage the adoption and maintenance of physical activity at the individual, group and community level. (EXS 412)
11. Be able to conduct risk factor screening, fitness assessment, and develop individualized exercise programs for an apparently healthy population. (EXS 420)
12. Demonstrate the knowledge, skills, and abilities to design and implement exercise programs for individuals from various populations. (EXS 421)

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