

Course Outcome Guide (COG)

Course:	HPER 241: Introduction to Exercise Science	Credits:	3	Date Edited:	Fall 2015
Course Description:	Investigation of various Exercise Science career opportunities and an examination of the professional activities and competencies required				
Concepts and Issues	Process Skills	Assessment Tasks	Intended Outcomes		
			Course	General Education or Program	Institutional
<p>Human Anatomy & Physiology</p> <p>Exercise Theory & Application</p> <ul style="list-style-type: none"> Principles of strength, flexibility, conditioning & coordination Customization <p>Nutrition and sport supplements</p> <ul style="list-style-type: none"> Metabolism Benefits Dangers <p>Body Composition</p> <ul style="list-style-type: none"> Body Weight Sport needs <p>Gender Issues</p> <ul style="list-style-type: none"> Male/Female 	<p>Students will demonstrate the following:</p> <ul style="list-style-type: none"> Knowledge of the numerous ways exercise affects the body Knowledge in competently implementing various forms of exercise based on each individuals needs Understanding of the role of the exercise science professional in health 	<ul style="list-style-type: none"> Complete textbook readings and study guides demonstrating mastery of concepts and issues Complete practical proficiencies in application of exercise science principles Complete examinations demonstrating mastery of both concepts and process skills 	<ol style="list-style-type: none"> Perform the key components of exercise science for designing exercise Demonstrate knowledge of multiple strategies to address unique ways of working with all types of clients based on their unique needs 	<p>Students will apply health-related knowledge to promote physical and mental well-being.</p>	<p>Students will apply health-related knowledge to promote physical and mental well-being.</p>