

Student Learning Outcomes Library

Office of Assessment & Accreditation

Indiana State University

BA/BS Physical Education-Exercise Science

Spring 2020

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Outcome	Related Foundational Studies or Graduate Goal
Exercise Science Application—Apply knowledge and principles related to exercise science	
1.1 Explain physiological responses to aerobic exercise.	
1.2 Explain physiological responses to resistance exercise.	
Exercise Science Articulate—Articulate knowledge and principles of fitness-related programs	
2.1 Explain physiological responses to aerobic training.	
2.2 Explain physiological responses to resistance training.	
Exercise Science Prescribe—Prescribe assessments for a variety of clients/settings	
3.1 Demonstrate pre-fitness exercise evaluation	
3.2 Demonstrate how to execute and evaluate athletic performance	
3.3 Demonstrate how to evaluate body composition	
Exercise Science Communicate—Communicate effectively in a professional exercise science setting	
4.1 Integrate principles within exercise testing	
4.2 The ability to orally demonstrate exercise testing	Foundational Studies 10: Express themselves effectively, professionally, and

	persuasively both orally and in writing.
Exercise Science Demonstrate—Demonstrate professional attributes and appropriate behaviors	
5.1 Demonstrate how to critique and apply proper exercise technique	
5.2 Exhibit suitable clinical skills	
Exercise Science Practice—Practice appropriate safety procedures in health and fitness settings	
6.1 Proper exercise prescription for the given population	
6.2 Facility design and equipment inspection	
6.3 CPR/FA/AED certified	
6.4 Demonstrate and analyze use of appropriate pre-screening	
6.5 Recognition of adverse effects in response to exercise	

Physiological responses include: respiratory, musculoskeletal, cardiovascular, endocrine, central nervous system.