



**Program Information**

<b>College:</b>	Wellstar College of Health and Human Services
<b>Department:</b>	Exercise Science and Sport Management
<b>Program:</b>	Exercise Science, BS

**Program Student Learning Outcomes**

Upon completion of this degree from KSU, students will be able to:

1. administer, conduct, and interpret appropriate health and fitness assessments for cardiorespiratory fitness, muscular strength, muscular endurance, flexibility, anthropometric, and body composition.
2. determine, implement, modify and progress safe exercise prescription for healthy clients, those with controlled disease, and special populations based on current health status, fitness goals, and availability of time.
3. optimize adoption and adherence of exercise and other healthy behaviors through effective communication techniques, behavioral and motivational strategies, and providing educational resources and support within the scope of practice for a health and fitness professional.
4. develop and disseminate risk management guidelines for health/fitness facilities to ensure emergency policies and procedures are in place.