



**Program Information**

<b>College:</b>	Wellstar College of Health and Human Services
<b>Department:</b>	Health Promotion and Physical Education
<b>Program:</b>	Health and Physical Activity Leadership, BS

**Program Student Learning Outcomes**

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

- Describe the physiological, psychological, and sociological benefits of physical activity.
- Design programs of instruction, training, conditioning, and recovery that utilize evidence-informed resources to effectively address health and physical activity outcomes.
- Develop effective evaluation and assessment techniques for various individual health and physical education skill development and group performance.
- Utilize technology to enhance educational and assessment practices across a variety of instructional settings regarding health and physical education.
- Demonstrate effective health and physical activity instruction that reflects sensitivity to various individual abilities, experiences, skills, and cultural contexts.
- Demonstrate the ability to reinforce responsible and professional personal, social, and ethical behavior in a variety of health and physical activity settings.