

## **Movement Science Department**

The Movement Science major requires all students to complete several courses considered to provide the foundation/knowledge base in human performance and exercise science. Each student is also required to select and complete a concentration of study in one of five possible areas. Three of the five concentrations have earned, or are under review for, national accreditation by professional organizations. Thus, there are specific program requirements, standards and outcomes mandated for these areas.

### **Program Outcomes:**

- Demonstrate core knowledge in the academic discipline, including historical, physiological, biomechanical, psychological, sociological foundations
- Demonstrate knowledge and technical skill in the selected concentration area: Athletic Training, Health Fitness, Wilderness Experience, Sports Medicine, Teacher of Physical Education (Elementary/Secondary Certification)
- Design, plan and implement programs related to the selected concentration area
- Select and use assessment instruments, strategies, and techniques appropriate to the concentration area
- Interpret the role of physical activity in the promotion of health and achievement of wellness
- Self-assess strengths, interests, goals and career preferences
- Appreciate the importance of professional development