## **Exercise Science, Pre-Occupational Therapy Emphasis, BS**

## **BS Exercise Science Program Learning Outcomes**

At the successful conclusion of this program, students will be able to:

- 1. Illustrate physiological, psychomotor, developmental, and biomechanical responses during exercise in multiple environments and populations.
- 2. Assess, develop, and adjust an appropriate exercise program for different populations.
- 3. Develop appropriate exercise techniques and mechanics to optimize movement along with additional strategies to improve exercise compliance, retention, and motivation.
- 4. Evaluate research while applying evidence-based decision-making skills.
- 5. Recommend and create an effective environment in which sport, exercise, and physical activity can be integrated.