

Bachelor of Science in Kinesiology (Non-Cert)

The mission of the Kinesiology non-certification program is to educate and prepare qualified professionals in kinesiology and health/wellness in order to promote healthy and active lifestyles to all students and the community.

Program Goals

I. Candidates will demonstrate an understanding of motor skill development, and the components of health related fitness

II. Candidates will learn to effectively communicate the importance of health, wellness, and physical activity in schools and the community

III. Candidates will understand the multidimensional nature of kinesiology, health, and wellness

Program Student Learning Outcomes

(What should candidates be able to do when they leave the program?)

SLO 1

- a) Enhance students' motor development by effectively teaching motor learning principles, processes, and concepts.
- b) Apply knowledge of techniques for evaluating motor skills, detecting errors, and provide corrective feedback.
- c) Effectively evaluate and interpret the components of health related fitness.

SLO 2

Candidates will be able to:
Effectively advocate and discuss current issues in health, physical activity and wellness.

SLO 3

Candidates will be able to:
Effectively develop quality wellness program for the individual and community.

Assessment of Outcomes

(How will you know candidates' demonstrated the SLOs in courses and in the field? There needs to be three (3) measures for each SLO.)

1. Identify Muscles for each human body movement (KINE 4300)
2. Measure and interpret physical fitness components (KINE 2300)
3. Describe motor control theories and identify factors that contribute to motor control (KINE 4306)

1. Design a wellness program for a special population (KINE 4305)
2. Develop a research paper of current issue in Kinesiology (KINE 4307)

1. Develop a Personal training program for muscular strength and conditioning (KINE 3303)
2. Develop a training program for health and fitness (KINE 4308)

Mentor individuals in professional or academic settings in best practices in kinesiology, health, and wellness guidelines.