

Educational Goals of the EXSS Program:

General Program Goal: To prepare competent entry-level exercise science professionals in the cognitive, psychomotor, and affective learning domains. Students are expected to understand and be able to apply all educational information to a “real world” setting through the courses taught at FSU along with their field experiences and internships. In conjunction with the university’s learning goals, the EXSS program also strives to meet the following: liberal knowledge and skills of inquiry, critical thinking and synthesis; core skills; acquisition and application of specialized knowledge; values and social responsibility; and appreciation of cultural identities.

Specific program objectives:

- Develop critical thinking skills that will enable success in the student’s professional career
- Recognize and interpret unsafe practices and educate participants in proper safety measures
- Develop assessments and programs used for physical fitness
- Develop fitness/wellness programs that are goal-oriented and meet the needs of various populations
- Prescribe appropriate interventions for individuals and groups across the lifespan
- Become certified as personal trainers and/or strength and conditioning coaches obtaining national certifications such as ACSM Exercise Physiologist, Personal Trainer, Group Exercise Instructor, and NSCA Certified Strength and Conditioning Coach

EXSS Student Learning Outcomes:

Table 1. Delivery of Student Learning Outcomes

EXSS BS Student Learning Outcomes	Frostburg State Undergraduate Learning Goals
The EXSS BS Program student learning outcomes require that students:	The Frostburg State graduate student learning outcomes require that students:
Demonstrate a sound foundational knowledge and understanding of biological principles and an advanced understanding of human anatomy and physiology as they relate to responses and adaptations to physical activity and exercise.	Liberal knowledge and skills of inquiry, critical thinking and synthesis: You will acquire knowledge in the humanities, the natural sciences, the social sciences, and the arts, which collectively embody the human cultural heritage. You will develop your abilities to practice higher-level critical thinking.

<p>Plan, administer, and evaluate wellness, fitness, and nutritional programs, based in sport, clinical, industrial, and/or corporate environments.</p>	<p>Core skills: You will become proficient in reading, writing, speaking and listening. You will also develop quantitative literacy and technological fluency.</p>
<p>Demonstrate requisite skills and abilities for meaningful employment in exercise science related areas or pursue graduate studies in an exercise science related area.</p> <p>Demonstrate basic laboratory skills pertaining to assessments, laboratory methods, and clinical practices.</p>	<p>Acquisition and application of specialized knowledge: You will gain knowledge and skills appropriate both for your field of study and to enter into the professional sector and/or graduate school.</p>
<p>Demonstrate requisite skills and abilities for meaningful employment in exercise science related areas or pursue graduate studies in an exercise science related area.</p>	<p>Values & social responsibility: You will critically explore, evaluate, and define your values and become a responsible citizen in a complex and changing society.</p>
<p>Advocate for physically active lifestyles as a means to improve quality of life and reduce the risk and prevalence of lifestyle related diseases.</p> <p>Demonstrate knowledge of the importance and influence of physical activity, kinesiology, and nutrition, on health and wellness.</p>	<p>Appreciation of cultural identities: You will gain insight into the ways cultural identities and experiences shape individual perspectives of the world and influence interactions with people from different backgrounds.</p>