

DEPARTMENT OF HEALTH, PHYSICAL EDUCATION AND RECREATION

B.S. Exercise and Sport Science: Recreation Track

MISSION STATEMENT

The purposes of the Department of Health, Physical Education and Recreation are: (1) to provide a comprehensive academic program in health, physical education, and recreation for students who plan to pursue one of these fields as a profession; (2) to provide professional preparation for prospective teachers in the area of physical education; (3) to provide a service program which will afford all students the opportunity to learn and participate in a wide range of activities which will benefit them now and in the future; (4) to provide competition for all interested students through a comprehensive program of intramural athletics in both team and individual sports; (5) to provide recreational activities that will enable students and faculty to enjoy their leisure time in a program that will benefit them physically, mentally, and socially; and (6) to educate individuals about risk factors associated with certain lifestyle choices and provide them with the skills to make behavioral changes that will improve their health and the quality of their lives.

GOAL

To prepare students for leadership positions in public and private leisure service systems.

STUDENT LEARNING OBJECTIVES

1. The student will demonstrate current knowledge of recreational concepts.
2. The student will be able to function as a professional in leisure services.

B.S. Exercise and Sport Science: Health Promotion

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GOAL

To prepare students to competently serve the public in areas of health disparities, human diseases, and health program development and evaluation.

STUDENT LEARNING OBJECTIVES

1. The student will demonstrate comprehensive knowledge of necessary health promotion theories and their application.
2. The student will be able to function as a professional in health promotions services/ programs.

B.S. Exercise and Sport Science

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GOAL

To prepare students to competently serve the public in many varieties of human movement, which include, but are not limited to, fitness, wellness, sport, exercise physiology, etc.

STUDENT LEARNING OBJECTIVES

1. The student will demonstrate a comprehensive knowledge of necessary exercise and sport science theories and their applications.
2. The student will be able to function as a professional in human movement, in either, fitness, wellness, exercise physiology, sport, coaching, or other.