

EXERCISE SCIENCE - ASSOCIATE OF SCIENCE DEGREE (AS)

Explore More About This Program: <https://cwi.edu/program/exercise-science>

Program Learning Outcomes

Upon successful completion of this program, students will be able to:

- Distinguish the underlying musculoskeletal and neuromuscular anatomy of the human body as it relates to the performance and analysis of various locomotive and non-locomotive motor skills, as well as injury treatment and prevention.
- Understand the physiological basis for exercise and physical activity in direct application to physical fitness, athletic conditioning, and general health.
- Demonstrate knowledge of scientific movement theory and application through the performance of health, fitness, and movement assessment; the acquisition, analysis, and interpretation of data; and the appraisal and application of information from current literature.
- Understand the principles of nutrition and the role of diet and exercise on body composition, weight control, disease prevention and management, and exercise performance.
- Demonstrate and articulate behavior consistent with that of a kinesiology professional, including advocacy for a healthy, active lifestyle; adherence to professional ethics; service to others; shared responsibility and successful collaboration with peers; and pursuit of learning beyond CWI.