BS Human Movement Science

EXERCISE SCIENCE Emphasis

Curriculum Learning Objectives

Exercise science majors understand human movement and concepts related to the anatomical, physiological and biomechanical aspects of human movement.

1) **Curriculum Learning Objective**: Identify critical elements of the bones and muscles involved in human movement and combine the concepts related to anatomy and physiology with biomechanics.

2) **Curriculum Learning Objective**: Demonstrate competent knowledge in areas of exercise physiology.

3) **Curriculum Learning Objective**: Describe physiological concepts related to exercise testing (i.e. maximal aerobic testing, anaerobic testing, body composition analysis).

4) **Curriculum Learning Objective**: Describe and apply anatomical, physiological and biomechanical concepts to exercise testing, health and fitness.