

**Program Learning Outcomes (PLOs)**

A student who completes the Kinesiology and Exercise Sciences degree program will be able to:

1. Understand the fundamental principles of human movement and be competent in the basics of most physical and recreational activities. Embedded tests
2. Identify fundamental anatomical functions, physiological mechanisms, and mechanical concepts involved with human movement and human performance. Embedded tests
3. Apply kinesiology and exercise science concepts and knowledge to real-life issues through current scientific research, internships, field experience and service. Program rubric (see below)
4. Identify and evaluate the various cultural and behavioral factors related to the adoption and maintenance of a physically active & healthy lifestyle within our society. Embedded tests
5. Have a strong foundation in exercise science necessary to effectively work in the exercise science field or in related professions. Program rubric (see below)

**Curriculum Matrix**

Curriculum Matrix and PLOs (I = Introduce; D = Develop/Practice, M = Mastery)

COURSES	PLO 1: Understand the fundamental principles of human movement and be competent in the basics of most physical and recreational activities.	PLO 2: Identify fundamental anatomical functions, physiological mechanisms, and mechanical concepts involved with human movement and human performance	PLO 3 Apply kinesiology and exercise science concepts and knowledge to real-life issues through current scientific research, internships, field experience and service.	PLO 4: Identify and evaluate the various cultural and behavioral factors related to the adoption and maintenance of a physically active & healthy lifestyle within our society	PLO 5: Have a strong foundation in exercise science necessary to effectively work in the exercise science field or related professions.
All of the KES physical activity courses (KES 101 to KES 152)	I	I	N/A	N/A	I

KES 201 to KES 210 (except 209), 232	I	I	I	I	I
KES 209, 212, 224, 234, 260, 261, 320	I	D	I	I	D
KES 300, 302, 310, 368, 370	D	D	D	I	D
KES 308, 310, 311, 330, 380	D	D	M	I	D
KES 333, 335, 343, 344, 368, 440, 443	D	D	D	D	D
KES 350, 351, 360, 361, 371, 375, 480	D	D	D	D	D
KES 307, KES 307L, KES 348, KES 348L KES 401, 450, 470	M	M	M	D	M

### **Rubric for PLO 3**

*Apply kinesiology and exercise science concepts and knowledge to real-life issues through current scientific research, internships, field experience and service.*

	Training Program Design	Internship
4—Advanced	Student utilizes and synthesizes an advanced and complex understanding of kinesiology and exercise science to develop a well-rounded and tailored training program that meets individual or team needs and is able to adjust accordingly during the delivery process.	Student exhibits an advanced understanding of exercise science that is often informed by independent research; work undertaken by the student is highly reflective of the learning in the major
3—Competent	Student utilizes basic concepts in kinesiology and exercise science to be able to develop a training program to improve a physical quality (such as strength, power, endurance etc.)	Student exhibits a basic understanding of kinesiology and integrates them into competent work
2—Beginning proficiency	Student constructs a training program that attempts to utilize a range of physiological, biological and kinesiological concepts but the program fails to address to train the physical quality appropriately	Student exhibits some awareness of kinesiology and attempts to integrate them into his/her work but may not fully integrate the breadth of knowledge of the major
1—Needs improvement	Student constructs a training program that is irrelevant to the physical quality that needs to be improved and shows no relation to any learning in the classroom	Student works in the internship shows no relation to the learning in the classroom

**Rubric for PLO 5:** *Have a strong foundation in exercise science necessary to effectively work in the exercise science field or in a related professions.*

	<b><i>Does Not Meet Expectations (0)</i></b>	<b><i>Approaches Expectations (1)</i></b>	<b><i>Meets Expectations (2)</i></b>	<b><i>Exceeds Expectations (3)</i></b>
<b><i>Having a strong foundation</i></b>	Does not use or seek scientific evidence	Analyzes the issue at hand and seeks somewhat evidence	Applies scientific knowledge in the decision making process	Contributes to the body of evidence
<b><i>Working in the exercise science field or in a related profession</i></b>	Does not work in the exercise science related fields or professions	Have limited working experience the exercise science field	Effectively works in the exercise science or related field	Creates new job / work opportunities within the exercise science or related fields