## STUDENT LEARNING OUTCOMES (SLOs)

**Exercise Science BS - School of Education, Health and Human Performance**

<table>
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<th>Outcome</th>
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| SLO1: Students will identify, assess, and analyze the components of health-related fitness. | **Measure 1.1:** Students enrolled in EXSC 210 will identify, measure and assess the health-related fitness components (muscular strength, muscular endurance, flexibility, cardiorespiratory fitness, body composition) of the Presidential Fitness Test (https://www.adultfitnesstest.org/)
\[
\text{Performance Target 1.1: } 100\% \text{ of students in EXSC 210, Concepts in Fitness Assessment and Exercise Prescription, will score "Target" or higher on health-related fitness items on the Individual Training Program Assignment as indicated by items 2,3 and 4 on the Individual Training Program rubric. (See Attached Rubric)}
\]
**Measure 1.2:** Students enrolled in EXSC 340L will calculate maximal aerobic power (VO2 max) based on submaximal data collected during the corresponding lab (Submaximal VO2 Lab).
\[
\text{Performance Target 1.2: } 100\% \text{ of students in EXSC 340L , will correctly calculate maximal aerobic power, based on data collected during the corresponding lab (Submaximal VO2 Lab). (See Attached Rubric)}
\] |
| SLO2: Students will demonstrate knowledge of the physiological, biomechanical, and behavioral responses to exercise. | **Measure 2.1:** Students in EXSC 340L will calculate peak anaerobic power and mean anaerobic power based on data collected during the Anaerobic Power Techniques and Analysis Lab.
\[
\text{Performance Target 2.1: } 100\% \text{ of students in EXSC 340L will calculate peak anaerobic power and mean anaerobic power based on data collected during the Anaerobic Power Techniques and Analysis Lab. (See attached rubric)}
\]
**Measure 2.2:** Students enrolled in EXSC 440 will calculate angular velocity based on a standard scenario and data provided by the instructor.
\[
\text{Performance Target 2.2: } 100\% \text{ of students enrolled in EXSC 440 will calculate angular velocity based on a standard scenario and data provided by the instructor on an in class examination. (See attached rubric)}
\] |
| SLO3: Exercise science majors assess and describe the effects of nutrition on health and performance. | **Measure 3.1:** Students enrolled in EXSC 210 will identify and calculate the proper amounts of macronutrients necessary to maintain current weight and performance level.
\[
\text{Performance Target 3.1: } 100\% \text{ of students enrolled in EXSC 210 will identify and calculate the proper amounts of macronutrients necessary to maintain current weight and performance level as evidenced by achieving "Target" or higher on Section 1 – Nutrition and Exercise on the Nutrition and Metabolic Lab. (See Attached Rubric)}
\]
**Measure 3.2:** Students in EXSC 340L will calculate caloric expenditure when given performance data related to walking and jogging.
\[
\text{Performance Target 3.2: } 100\% \text{ of Students in EXSC 340L will correctly calculate caloric expenditure when given performance data related to walking and jogging as evidenced by performance on the Metabolic Calculation Lab. (See Attached Rubric)}
\] |