

College of Education and Health Curriculum Maps by Program

Program: Health and Exercise Science, Bachelor of Science

Competency: ● Introduced ● Reinforced ● Demonstrated ● Mastered

Courses	Know and apply discipline-specific scientific and theoretical concepts critical to the development of physically educated individuals.	Administer fitness/performance tests and interpret the results to facilitate effective programming.	Develop effective training plans and programs for clients, classes, and/or teams.	Develop and maintain physical variables related to health, fitness, and performance.	Prepared to attain nationally accredited personal trainer and/or strength and conditioning coach certifications.
HES 1003 Introduction to Exercise Programming	●	●	●	●	
HES 2003 Field Based experience in Health and Exercise Science	●	●	●	●	
HES 2043 Applied Fitness Assessment and Development	●	●	●		
HES 3003 Exercise Prescription	●	●●	●		●
HES 3023 Exercise Behavior and Adherence		●	●	●	
HES 4003 Senior Seminar			●	●	●

HES 4012 Health and Exercise Science Internship				●	●
HES 4013 Health and Exercise Science Practicum	●			● ●	● ●
HES 4023 Principles of Strength and Conditioning		●	● ●		●
HES 4043 Exercise Physiology Lab	●	●			●
HES 4053 Biomechanics	●				●
HES 4063 Health and Fitness Programming		●	● ●		●
HLED 1513 Lifetime Health and Fitness	●			●	
HLED 4403 Nutrition and Physical Fitness			●		●

The following table outlines the courses and assignments where data will be collected for each outcome.

Data Collection:

Outcome	1	2	3	4	5
Description	Know and apply discipline-specific scientific and theoretical concepts critical to the development of physically educated individuals.	Administer fitness/performance tests and interpret the results to facilitate effective programming.	Develop effective training plans and programs for clients, classes, and/or teams.	Develop and maintain physical variables related to health, fitness, and performance.	Prepared to attain nationally accredited personal trainer and/or strength and conditioning coach certifications.

Level	Outcome	Course	Performance Indicator/Course Objective	Student Work Example
I	1	HES 1003	Introduce students to the exercise science scientific and theoretical concepts critical to the physical development of clients or athletes.	Exam Questions
R	1	HES 4043	Advance the physiological tests previously discussed critical to client or athlete physical development.	Exam Questions
M	1	HES 4053	Students will solidify an understanding of the kinetic and kinematics critical to the physical development of clients or athletes.	Assignment
I	2	HES 2043	Introduce field & laboratory-based fitness/performance tests and interpret the results to facilitate effective programming for the personal trainer/coach.	Assignment (Lab Report)
R	2	HES 3003	Administer field-based fitness/performance tests and interpret the results to facilitate effective programming for the personal trainer/coach.	Practical Exam
M	2	HES 4043	Administer laboratory-based fitness/performance tests and interpret the results to facilitate effective programming.	Assignment (Lab Report)
I	3	HES 2043	Introduce students to the basic concepts of programming for fitness, strength, endurance, flexibility, and health.	Assignment
R	3	HES 3023	Students will learn methods to improve adherence to fitness programs and the principles needed to improve program effectiveness.	Assignment
M	3	HES 4023	Develop effective training plans and programs for individual and team athletes.	Assignment (Plan)
M	3	HES 4063	Develop effective training plans and programs for special populations, tactical, and fitness clients.	Assignment (Program)
I	4	HLED 1513	Introduce the basic concepts of health, fitness, and performance.	Exam Questions
R	4	HES 3023	Students will develop a greater understanding of the variables that can influence and improve health, fitness, and performance	Exam Questions

M	4	HLED 4403	Students will solidify an understanding of the principles necessary to develop and maintain health, fitness, and performance.	Assignment
I	5	HES 3003	Students will learn what tests to use for specific physical quality assessment and appropriate programming based on the results.	Assignment (Lab Report)
R	5	HES 4013	Students will have opportunities to expand their experiences in exercise science and develop potential career paths.	Exam Questions
M	5	HES 4012	Stimulate the intern's desire for continuous professional growth	Exit Portfolio
M	5	HES 4023	Assess the student's knowledge level to take a nationally accredited strength and conditioning coach certification or program comprehensive exam	Final Exam Questions
M	5	HES 4063	Assess the student's knowledge level to take a nationally accredited personal trainer certification	Final Exam Questions