

<p style="text-align: center;">Exercise Science & Community Health</p> <p style="text-align: center;">Fitness and Sport Coaching</p> <p style="text-align: center;">Curriculum Map - Revised 2018</p>		PET3351C – Applied Exercise Physiology	PET4310C – Mechanics of Human Motion	HUN2201 – Foundations of Human Nutrition	APK4163 – Sport Nutrition & Weight Control	PET3556C – Des Resistance Training Programs	PET4820 – Physical Activity for Adolescents	APK4409 – Success in Sports	PEP3505 – Non Traditional Sports	HLP3300 – Org & Administration of Prof Programs	PET3123 – Historical Foundations of PE and Sport	ATR3132 - Functional Kinesiology	PET3XX1 – Athletic Coaching Methods	PET4765 - Theory & Practice of Coaching	HSC4300 – Changing Health Behaviors	HSC4581 – Health Promotion Planning	PET4940 - Internship
FSC PROGRAM STUDENT LEARNING OUTCOMES																	
1. Content																	
1.1 Identify and apply concepts and principles of exercise physiology, fitness and sport coaching, wellness, and teaching.	x	x	x	x	x		x	x				x	x	x			x
1.2 Demonstrate professional knowledge of current trends, developments, guidelines, recommendations, and research in the field.	x			x	x					x			x	x			x
1.3 Analyze behavioral strategies to enhance exercise, health and athletic behavior change (e.g., reinforcement, goal setting, and social support).							x			x			x		x	x	x
2. Critical Thinking																	
2.1 Identify and use relevant data/information as a tool to develop and prioritize interventions (e.g., policies, promote physical activity, sport performance).				x	x	x	x					x			x	x	x

2.2 Evaluate athletic/sport skills and abilities in order to provide instructive feedback and guidance.		x	x			x		x				x				x
2.3 Demonstrate a professional, equitable, and safe environment using appropriate fitness and sport coaching principles, conflict management, and coaching strategies set forth by professional guidelines.	x				x		x	x	x			x				x
3. Communication																
3.1 Combine oral and written scientifically sound health and fitness related information to enhance participants' knowledge, enjoyment, and adherence to physical activity behaviors.		x		x	x						x					x
3.2 Illustrate effective coaching communication, including active listening, cueing, monitoring, and providing constructive feedback.		x			x	x		x				x	x			x
3.3 Show appropriate health, fitness and sport coaching content and concepts to intended audiences through a variety of technologies.					x			x				x	x	x	x	x
4. Integrity/Values																
4.1 Demonstrate healthy lifestyle practices in order to be a professional role model.			x	x		x									x	x
4.2 Describe and adhere to relevant professional and ethical standards.	x						x		x	x		x	x			x
5. Project Management																
5.1 Integrate and engage with a variety of health disciplines to promote physical activity in multiple settings with a variety of populations.				x	x	x	x		x						x	x
5.2 Design, implement, and assess best and evidence-based practices and procedures for fitness and sport coaching.						x			x			x				x