



## Exercise Science and Athletic Training

### Area F Learning Outcomes

Upon successful completion of the recommended Area F in Exercise Science and Athletic Training, students should be able to:

1. Demonstrate information literacy skills to access, evaluate, and use resources to stay current in the field.
2. Demonstrate the ability to examine issues related to health and physiology from an evidence-based perspective.
3. Demonstrate effective written and oral communication skills in a way that reflects knowledge and understanding of the human body.
4. Demonstrate the ability to apply information to different audiences and circumstances.

Approved: July 16, 2019

### Area F Course Guidelines

Area F consists of 18 hours in 1000-2000 courses related to Exercise Science and Athletic Training studies and other courses which may be prerequisite to high level major courses distributed as follows:

- Anatomy & Physiology I with Lab (4 credits)
- Anatomy & Physiology II with Lab (4 credits)
- 10 Guided elective credits determined by the institution.

Options should include courses from the following categories: Exercise Science, Kinesiology, Physical Education, Wellness, and/or Allied Health Sciences.

Non-kinesiology courses are encouraged from the following areas: science, math, psychology, sociology, sports management or business.

Approved: July 16, 2019