

Movement Studies and Wellness Education
Bachelor of Science in Physical Education
Learning Outcomes

Outcome 1: Graduates of Movement Studies and Wellness education will demonstrate a clear understanding of the basic disciplinary terminology, principles, theories, applications and practices expected of entry level professionals in the field.

Areas of competency will include:

basic anatomy and physiology; kinesiology; biomechanics; exercise physiology; history of the profession and sub-disciplines; professional standards of practice

And may include (depending upon specialization):

nutrition; psychology of health; sport and physical activity; sociology of sport and physical activity; applied psychology of performance; motor learning; motor development; management in health and fitness, including legal issues; basic teaching methodologies; exercise testing and prescription; adaptive physical education, injury prevention and therapeutic care.

Introduced, practiced and/or assessed in all MSWE courses.

Outcome 2: Graduates of Movement Studies and Wellness Education will demonstrate a well developed ability of critical reflection. They will:

1. Select quality sources of information, from lay, evidence based, and expert sources, related to movement studies and wellness education.
2. Understand and evaluate assumptions and consequences of different perspectives when assessing possible solutions to questions within movement studies and wellness education.
3. Reflect on and critically evaluate one's judgments based on multiple perspectives and individual experiences.

Introduced, practiced and/or assessed in: HEED 266, HEED 366, HEED 395; PHED 297, PHED 383, PHED 384, PHED 390, PHED 480, PHED 495 and PHED 499.

Department assessment: PHED 495 and PHED 499, Internship and Capstone

Outcome 3: Graduates of Movement Studies and Wellness Education will communicate effectively.

They will:

1. Express disciplinary knowledge and professional expertise effectively through writing, verbal expression, movement and technology.
2. Recognize the need, and demonstrate the ability, to adapt instruction and expression to meet the needs of audience characteristics and environmental circumstances.
3. Recognize and appreciate the role of movement as a means of expression, communication, agency and self-discovery.

Introduced, practiced and/or assessed in: HEED 266, HEED 366, HEED 395; PHED 297, PHED 383, PHED 384, PHED 480, PHED 486, PHED 495, PHED 499.

Department assessment: PHED 495 and 499, Internship and Capstone

Outcome 4: Graduates of Movement Studies and Wellness Education will demonstrate the ability to collaborate with others. They will:

1. Work collaboratively and creatively to identify, clarify and address obstacles, challenges and opportunities in the profession.
2. Develop and promote effective strategies and interpersonal relationships for implementing cooperative actions in communities, programs and services related to movement studies and wellness education.

3. Appreciate, experience, and utilize movement as a fundamental form of human interaction among peoples, cultures and traditions.

Introduced, practiced and/or assessed in: PHED 277, PHED 293, PHED 298, PHED 326, PHED 383, PHED 384, PHED 480, PHED 486, PHED 495, PHED 499.

Department assessment: PHED 495 and 499, Internship and Capstone

Outcome 5: Graduates of Movement Studies and Wellness Education will develop strong personal and professional values. They will:

1. Articulate and critically assess one's own personal and professional values, with an awareness of the communities and traditions that have helped to shape them, and demonstrate those values with a high level of personal and professional accountability.
2. Recognize and respect the development and adoption of the divergent personal and professional values others hold that can inform one's professional growth and practice.
3. Develop a habit of caring for oneself and for others in a manner that promotes personal and environmental sustainability, and that promotes a value for self-care in others.
4. Commit to physical, moral, spiritual and intellectual development and action as a life-long process.

Introduced, practiced and/or assessed in: HEED 366, HEED 395; PHED 277, PHED 297, PHED 383, PHED 390.

Department assessment: PHED 495 and 499, Internship and Capstone

Outcome 6: Graduates of Movement Studies and Wellness Education will appreciate multiple perspectives and develop a strong understanding of diversity as it relates to the field. They will:

1. Recognize the extensive and varied ways in which diversity exists and impacts professional actions in movement studies and wellness education, including diversity in health status, physical ability, mobility, age, sex, experience, interest and culture.
2. Identify the obstacles, challenges and opportunities encountered by diverse populations, and make appropriate actions and accommodations to facilitate successful participation in movement experiences.
3. Cultivate respect for diverse cultures, practices and traditions as they relate to elements of movement studies and wellness education.

Introduced, practiced and/or assessed in: HEED 266, HEED 366, PHED 293, PHED 297, PHED 326, PHED 384, PHED 386, PHED 390, PHED 480, PHED 486, PHED 499.

Department assessment in PHED 499, Capstone.