

Marketable Skills: Kinesiology BS

Skill	General and Kinesiology-Specific Applications	How the Skill is Delivered
Verbal Communication	Learn to communicate with patients, clients, students, athletes, or the general public about health, wellness, and performance goals.	Presentation assignments in multiple courses and labs.
Written Communication	Learn to write effectively to communicate information about health, wellness, and physical performance.	Written assignments in multiple courses and labs.
Human Relations	Learn to interact effectively with others to promote health, wellness, and physical performance.	Group assignments and presentations in multiple courses, especially HECC 4308.
Instructional Skills	Learn to effectively teach others regarding health, wellness, and physical performance.	Group assignments and presentations in multiple courses and labs.
Motivational Skills	Learn to effectively motivate others to pursue health, wellness, and physical performance goals.	Group assignments in several lab courses.
Computer-Based Skills	Learn to use the computer to access information, analyze data, and write reports related to health, wellness, and physical performance.	HECC 4333
Critical Analysis	Learn to critically analyze the literature related to health, wellness, and physical performance.	Assignments in multiple courses.
First Aid and CPR Skills	Learn basic first aid and CPR skills.	KINE 2337
Care and Prevention of Sports Injuries	Be prepared to instruct others regarding the care and prevention of basic sports-related injuries.	KINE 2337
Knowledge of Health and Wellness	Be prepared to evaluate the health and wellness of individuals and groups, and understand the scientific basis of health and wellness.	ALHS 1300 and KINE 4304, 4305
Knowledge of Exercise Science	Learn the scientific basis of exercise physiology, adaptations to exercise training, and biomechanics of human movement.	KINE 3311, 3112, 3334, 3135
Knowledge of Motor Skills Learning	Be prepared to evaluate motor skills of individuals, and understand the scientific basis and practical methods of motor skill acquisition.	KINE 3331, 3132
Exercise Assessment	Learn to evaluate muscular fitness, flexibility, and cardiorespiratory fitness.	KINE 3306, 3311, 4304, 4305
Exercise Prescription	Learn to design individualized exercise prescriptions for a various populations and goals including disease prevention, improvements in health, and improvement in exercise performance.	KINE 4304, 4305

Program Design and Implementation	Learn to design and implement programs related to health, wellness, and physical performance.	HECC 4353
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