

Marketable Skills: Wellness BA

Skill	General and Wellness-Specific Application	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 and labs.
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.
Knowledge of the Basics of Exercise Science	Learn the basics of exercise physiology, adaptations to exercise training, and biomechanics of human movement.	KINE 2330
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, 3360, and 3362
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, 3303
Exercise Assessment and Prescription	Learn to evaluate physical performance and physical fitness, and learn to design individualized exercise prescriptions to achieve specific fitness goals.	KINE 3306, 4319 and ALHS 4317
Program Design and Implementation	Learn to design and implement programs related to health, wellness, and physical performance.	HECC 4353 and ALHS 4317