UNIVERSITY OF SAN FRANCISCO
Department of Sciences
Exercise & Sport Science
Program Assessment

Mantra:
Creative Solutions to Healthy Living

Mission:
The mission of the Exercise & Sport Science degree is to ensure students appreciate and comprehend the behavioral, physical, biological and cultural components of exercise and can design and implement innovative solutions for improved lifelong human performance, optimum health and functional excellence.

Program Goals:

We deliver the best …

by providing students with exceptional classes and instruction on the scientific foundational, core and advanced components of functional movement and human performance.

by having individual student mentoring, small class sizes, and incorporating students in innovative faculty research projects

by designing exercise intervention programs with public agencies (e.g., schools, senior centers, local government) and practicing with leading industry organizations (e.g., health clubs, sport resorts, product manufacturers).

by recruiting world renown thought leaders in unique credit based continuing education workshops and seminars for current students, alumni and working professionals.

by creating both individual functional excellence and broader public participatory exercise awareness.

by assisting and placing our students in both immediate career and future post-graduate opportunities

Learning Outcomes:

ESS students will …

1. Identify the key behavioral, physical and biological scientific principles of human movement

2. Develop and apply individual / group motor skill, fitness, disease prevention and rehabilitiative programs across the lifespan

3 Comprehend / participate in corporate, commercial, community and public health physical activity strategies and interventions

4 Measure, collect and interpret data utilizing quantitative and qualitative methods and techniques

5. Comprehend the process and methods to facilitate learning and performance of motor skills.

6. Become effective in written and oral communication on human performance, fitness and health related topics.