

FITNESS AND RECREATIONAL MANAGEMENT (AAS) PROGRAM STUDENT LEARNING OUTCOMES

1. Follow prescribed legal guidelines of the profession.
2. Apply ethical standards of the profession.
3. Apply a variety of management skills (decision-making, change management, conflict management, etc.) to various situations in sport management.
4. Describe techniques to promote wellness throughout a lifetime.
5. Discuss strategies to remain current in the fitness field.
6. Develop fitness programs to specifically meet client goals.
7. Discuss the impact nutrition has on fitness and training.
8. Communicate effectively in a professional environment.