

# EXERCISE SCIENCE

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## About the Department

Health and Human Performance Faculty (<http://spu.edu/academics/school-of-health-sciences/faculty-and-staff/?d=HHP>)

Exercise Science Department Website (<https://spu.edu/academics/school-of-health-sciences/undergraduate-programs/exercise-science-major/>)

The Exercise Science faculty are committed to delivering a program that promotes health through physical activity while valuing and examining physical activity through a Christian worldview.

## Our Mission

In September 1914, Seattle Pacific added physical education to its curriculum, advising that “courses consist of classes both in theory and in practice.” The forerunner of today’s Health and Human Performance Department, these new courses established the importance Seattle Pacific University placed on health and fitness education.

Today, HHP faculty are experts and active professional practitioners in their fields. This gives students access to the most up-to-date training and equipment in those disciplines. Dedicated educators, HHP faculty care about their students and – with SPU’s exceptional faculty-to-student ratio – work closely with them to help them succeed.

## Majors

- Exercise Science (BS) (<https://catalog.spu.edu/undergraduate/college-schools/school-health-sciences/exercise-science/exercise-science-bs/>)

## Minors

- Exercise Science Minor (<https://catalog.spu.edu/undergraduate/college-schools/school-health-sciences/exercise-science/exercise-science-minor/>)

## Program Learning Outcomes

Eight, key learning outcomes frame our curriculum. By studying Health and Fitness Education students will be able to:

1. Articulate the significance of physical activity, sport, and exercise in the context of overall wellness.
2. Engage effectively in regular, personal leisure time physical activity.
3. Support or initiate public policy that encourages physical activity within diverse communities.
4. Model interest in physical activity as a priority in life.
5. Articulate a view of physical activity and wellness from the context of a Christian worldview.
6. Gain practical and applied experience through practicum and clinical internships.
7. Demonstrate introspective analysis of the critical issues facing professionals and participants in wellness, physical activity and sport through research and presentation of senior colloquium.
8. Engage in service and leadership on behalf of physical activity, sport, and exercise in their community and with relevant professional organizations.