MISSION STATEMENT AND STUDENT LEARNING OUTCOMES FOR:

Health & Exercise Science

Review Year: 2024

Division:	Discipline/Program/Department:	Contact Person:
Math & Sciences	Health & Exercise Science	**Wolf, Scott**

Mission Statement

The mission of the Health & Exercise Science Department at Southwestern Illinois College is to increase the knowledge, skills, and abilities of individuals to improve wellbeing with opportunities and assistance in pursuing health and leisure activity through life-long learning that enhances quality of life.

Program/Discipline Curriculum Map

I = Introduce: Student is first exposed to the concept/idea and is requested to apply the concept in a limited scope.
E = Emphasize: Student applies concept(s) in varying/multiple situations of greater complexity than when initially introduced.
R = Reinforce: Student may be expected to understand the concept upon taking the course and utilizes the concept in conjunction with other concepts/ideas to solve problems.

Program/Discipline Outcomes	***Course Prefix and Number***																								
Graduates of this program or discipline shall be able to:	HES 130	HES 131	HES 151	HES 152	HES 154	HES 155	HES 156	HES 158	HES 160	HES 170	HES 172	HES 180	HES 230	HES 231											
Demonstrate proper, safe technique with the performance of fitness activities, including the use of equipment	I	E									I,E,R	I,E	R	R											
Distinguish between behaviors that foster and those that hinder well-being.			I	I	I	I	I	I	I																
Recognize the implications of participating in physical activity for health, sport, and/or leisure pursuits.	I	E	I		I	I	I			I	I	I	R	R											

Map Comments:

Core Competency Map

Core Competencies	***Course Prefix and Number***																								
Communication Skills	HES 130	HES 131	HES 151	HES 152	HES 154	HES 155	HES 156	HES 158	HES 160	HES 170	HES 172	HES 180	HES 230	HES 231											
1. Computer Literacy																									
2. Oral Communications				X																					
3. Writing																									
Reasoning Skills																									
4. Critical Thinking																									
5. Quantitative Literacy									X																
Citizenship																									
6. Personal Accountability																									
7. Civic And Social Accountability																									