



Objectives for the HLGU Exercise Science Major

Statement of Mission and Purpose:

The mission of Hannibal-LaGrange University is to provide an excellent education in both liberal arts and professional disciplines in a distinctively Christian environment that integrates Christian faith and learning in preparing graduates for personal and career effectiveness.

Graduates of the Exercise Science program are trained to assess, design, and implement individual and group exercise and fitness programs for individuals who are apparently healthy and those with controlled disease. They are skilled in evaluating health behaviors and risk factors, conducting fitness assessments, writing appropriate exercise prescriptions, and motivating individuals to modify negative health habits and maintain positive lifestyle behaviors for health promotion. The Exercise Science major has demonstrated competence as a leader of health and fitness programs in the university, corporate, commercial or community settings in which their clients participate in health promotion and fitness-related activities. The mission of the Exercise Science program is to provide an excellent education in this field in a distinctively Christian environment that integrates Christian faith and learning in preparing graduates for personal and career effectiveness.

Objectives for the Exercise Science Major:

1. Demonstrate an understanding of functional anatomy and apply this knowledge to the analysis of human motion.
2. Demonstrate the ability to assess health status, conduct fitness testing, and prescribe and administer exercise programs.
3. Demonstrate an understanding of the principles of nutrition and the role of diet and exercise on fitness and performance.
4. Demonstrate an understanding of fitness programming based on the ability to design and implement a program.
5. Demonstrate an understanding of the physiological responses to exercise in direct application to physical fitness and training.

**Our purpose is to help you discover
God's purpose for your life.**