Mission Statement
Student Learning Goals

The Department of PEXS promotes enhanced quality of life through participation in physical activity, exercise, and sport for the people of North Dakota and beyond. The courses required of all majors ("core") provide a broad foundation in the various sub disciplines that form the body of knowledge in physical education and exercise science. Instruction in the core courses aims to help students gain the knowledge they need in the natural scientific and social scientific aspects of physical activity. Core courses also aim to help students acquire the ability to synthesize facts, principles, and research and apply them to the practical problems related to encouraging and helping people engage in physical activities.

Objective 1.1: students will earn a passing score (80%) on a department-generated comprehensive core exam, taken in the senior year.

Note: this exam is still under discussion—some faculty believe course-embedded assessments, aggregated from the core courses, would be a more practical option for assessing this goal.
Objective 2.1: (Ex Phys) Students will produce an effective training program for a selected sport or fitness activity. To be assigned and assessed as part of the student’s work in PEXS 402-Exercise Physiology.

Objective 2.2: (Biom) Students will produce an accurate biomechanical analysis of a selected sport skill. To be assigned and assessed as part of the student’s work in PEXS 332-Biomechanics.

Objective 2.3: (Sp Psych) Students will earn a passing score (80%) on an examination of the most commonly used psychological strategies for enhancing sport performance, as well as the theory that underlies them. To be assigned and assessed as part of the student’s work in PEXS 440-Sport Psychology.

Objective 2.4: (Motor Lrng & Dev) Students will earn a passing average score (80%) for the series of laboratory activities in which they are asked to apply motor learning and motor development concepts to practical problems faced by learners in sport and physical education settings. To be assigned and assessed as part of the student’s work in PEXS 276-Motor Learning and/or PEXS 355-Applied Motor Development.

Objective 2.5: (Adapting Phys Activ) Students will produce an appropriate plan for accommodating a person with a disability in selected sport, fitness, or dance activities. To be assigned and assessed as part of the student’s work in PEXS 404-Adapted Activities Programming.

Objective 3.1: student will report that they engage in regular physical activity as identified on an annual PEXS Activity Inventory, administered annually (kept as part of student’s advising file).

Objective 3.2: students will develop an appropriate personal program for healthy physical activity and nutrition (in Physical Conditioning course).