



## Program Outcomes

**Program Name:** LIFELONG WELLNESS

**Division:** Health and Wellness

**Discipline:** Lifelong Wellness

**Contact Person:** Peggy Crawford

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### Outcomes

Practice healthy lifestyle choices for themselves to model for clients, employees, and the general population

Demonstrate professional work habits and appropriate interpersonal relationships with clients and other health/fitness workers

Demonstrate knowledge of applied exercise physiology and anatomy, exercise programming, emergency procedures and safety, program administration, staff training and supervision, as well as overall facility and program management

Motivate individuals to modify negative health habits and maintain positive lifestyle behaviors for health promotion

Assess, design, and implement individual and group exercise and fitness programs for apparently healthy individuals and individuals with controlled disease