1. (Knowledge) Define and explain major concepts across the breadth of kinesiology.

2. (Application) Apply their knowledge related to movement and physical activity techniques and approaches in clinical and applied settings to enhance human health and quality of life.

3. (Critical Thinking) Demonstrate competence in the scientific research process, which includes the ability to consume, analyze, interpret and critically review scientific literature.

4. (Communication) Develop appropriate styles of written and oral communication to use both within and outside of the scientific community.