The mission of the Kinesiology program is to educate and prepare qualified professionals in kinesiology and health/wellness in order to impact a well-being society.

I. To impact society by changing lifestyles through education
   a. Enhance individuals’ way of living to increase well-being and wellness (a.k.a. a person of arête)
   b. Develop leadership skills in the field of kinesiology

II. To effectively communicate the importance of kinesiology in professional and academic settings

III. To implement the multidimensional nature of kinesiology, health, and wellness

To synthesize the foundations of humanities, sciences, and social sciences

Method of Assessment:
- Design and implement workshops for the community and school districts
- Submit an editorial on an issue impacting health/wellness in professional or academic settings
- Design new or innovative ways of implementing wellness programs using the foundational knowledge

Mentor individuals in professional or academic settings in best practices in kinesiology, health, and wellness guidelines