

Year: 2015/2016

Program: HHP EXSC/Wellness

Dept. Chair: Gibson

Date: May 31, 2016

Student Learning Outcome 1	Assessment	Benchmark	Process (Who, How, When, Where)
Identify and explain evidenced-based principles and theories of exercise and wellness	EXSC 430: Bioenergetics/Energy Metabolism Exam # 1	80% of the students will score 70% or above on Exam # 1 covering Bioenergetics/Energy Metabolism	Professors for EXSC 430 will administer, collect and grade the exam using a standardized rubric within the first 4 weeks of the semester.
	EXSC 430: Response to Acute and Chronic Exercise Exam # 3	80% of the students will score 70% or above on Exam # 3 covering Response to Acute and Chronic Exercise	Professors for EXSC 430 will administer, collect and grade the exam using a standardized rubric within the first 11 weeks of the semester.

**DATA RESULTS AND ANALYSIS**

Less than 80% (only 53%) are receiving a grade of 70% or higher from exam #1.

**EXSC 430: Exercise Physiology Exam 1**

Sixty-eight students completed Exam 1, covering Bioenergetics/Energy Metabolism. Thirty-six (53%) students scored 70% or above on this assessment.

Benchmark: 80% of the students will score 70% or above on Exam # 1 covering Bioenergetics/Energy Metabolism (DID NOT MEET)

**EXSC 430 Exam 3**

Sixty-eight students completed Exam 3, covering Response to Acute and Chronic Exercise. Fifty-three (78%) students scored 70% or above on the assessment.

Benchmark: 80% of the students will score 70% or above on Exam # 3 covering Response to Acute and Chronic Exercise.(MET)

**HOW HAS THE DATA BEEN USED TO IMPLEMENT A CHANGE OR TO INFORM A DECISION?**

Based upon the data from exam #1, students will be required to take a comprehensive final exam to determine if students have mastered material from Exam #1. The scores on the material from Exam #1 will be analyzed separately. Requiring ZOO 352 as a pre-requisite for EXSC 430 will be discussed after assessing and analyzing future SLOs from exam #1 and #3. Lastly, the comprehensive final exam may be a more effective at measuring the attainment of this SLO than exam #1 and #3.

Data will continue to be collected and analyzed to determine what adjustments need to be made in courses or in the program as a whole.

Student Learning Outcome 2	Assessment	Benchmark	Process (Who, How, When, Where)
Apply evidenced-based knowledge, skills, and abilities within the domains of exercise science and wellness.	EXSC 429 Lab (Energy Metabolism Assessment e.g. Wingate)	At least 90% of the students will score 70% or higher on the Energy Metabolism Assessment	Professors for the EXSC 429 Lab will oversee the Energy Metabolism Assessment and use a rubric to evaluate each student.

	EXSC 429 Lab (Cardiovascular Assessment physiological response to submaximal testing)	At least 90% of the students will score 70% or higher on the Cardiovascular Assessment	Professors for the EXSC 429 Lab will oversee the Cardiovascular Assessment and use a rubric to evaluate each student.
	Internship Final Evaluation		At the end of the 400- hour internship, the site supervisor completed a 12 item evaluation on the intern.

### DATA RESULTS AND ANALYSIS

#### **EXSC 429: Exercise Physiology Lab**

##### **Energy Metabolism Assessment (Wingate)**

Forty-seven students completed the Wingate Assessment. Forty-six (98%) students scored 70% or above on the assessment.

Benchmark: At least 90% of the students will score 70% or above on the Energy Metabolism Assessment. (MET)

#### **EXSC 429: Exercise Physiology Lab**

##### **Cardiovascular Assessment/Physiological response to submaximal testing**

Fifty-three students completed the Cardiovascular Assessment. Fifty-one (97%) scored 70% or above on the assessment.

Benchmark: At least 90% of the students will score 70% or higher on the Cardiovascular Assessment.

#### **HPER 491: Exercise Science/Wellness Internship**

##### **Final Evaluation**

Thirty-five students participated in Exercise Science/Wellness Internship. Thirty-four (98%) students scored 80% or above on the final assessment completed by the internship site supervisor.

Benchmark: 80% of the students will score 80% or above on the Final Evaluation completed by the internship site supervisor. (MET)

### HOW HAS THE DATA BEEN USED TO IMPLEMENT A CHANGE OR TO INFORM A DECISION?

It was noted that the current grading scale did not allow for differentiation of student skill level. Lab assignment grading scale was changed.

Data will continue to be collected and analyzed to determine what adjustments need to be made in courses or in the program as a whole.

<b>Student Learning Outcome 3</b>	<b>Assessment</b>	<b>Benchmark</b>	<b>Process (Who, How, When, Where)</b>
Demonstrate decision-making influenced by evidence-based practices within the domains of exercise science and wellness.	EXSC 433: Exercise Testing & Prescription in Special Populations – Case Study Assignment	At least 80% of the students will score 70% or higher on the Case Study Assignment	Professors for EXSC 433 will collect and grade the Case Study Assignment using a rubric.
	Internship Final Evaluation	80% of the students will score 80% or above on the Final Evaluation completed by the internship site supervisor.	At the end of the 400-hour internship, the site supervisor completed a 12 item evaluation on the intern.
<b>DATA RESULTS AND ANALYSIS</b>			

**EXSC 433: Exercise Testing & Prescription in Special Populations  
Case Study Assignment**

Thirty-eight students completed the Case Study Assignment. Thirty-six (95%) students scored 70% or above on this assignment.

Benchmark: At least 90% of the students will score 70% or higher on the Exercise Rx Assignment. (MET)

**HPER 491: Exercise Science/Wellness Internship  
Final Evaluation**

Thirty-five students participated in Exercise Science/Wellness Internship. Thirty-four (98%) students scored 80% or above on the final assessment completed by the internship site supervisor.

Benchmark: 80% of the students will score 80% or above on the Final Evaluation completed by the internship site supervisor. (MET)

**HOW HAS THE DATA BEEN USED TO IMPLEMENT A CHANGE OR TO INFORM A DECISION?**

It was noted that the current grading scale did not allow for differentiation of student skill level. Lab assignment grading scale was changed.

Data will continue to be collected and analyzed to determine what adjustments need to be made in courses or in the program as a whole.

Student Learning Outcome 4	Assessment	Benchmark	Process (Who, How, When, Where)
Demonstrate proficiency in technology within the exercise science and wellness domains.	EXSC 429 Lab – Blood Pressure Assessment	100% of the students will score 70% or higher on the Blood Pressure Assessment	Professors for EXSC 429 Lab will assess the students ability to take blood pressure.
	EXSC 431 – Cardiovascular Assessment	100% of the students will score 70% or higher on the Cardiovascular Assessment	

#### DATA RESULTS AND ANALYSIS

##### **EXSC 429: Exercise Physiology Lab Blood Pressure Assessment**

Sixty-eight students completed the Blood Pressure Assessment. Sixty-seven (99%) students scored 70% or above on the assessment.

Benchmark: 100% of the students will score 70% or higher on the Blood Pressure Assessment (DID NOT MEET)

##### **EXSC 429: Exercise Physiology Lab Cardiovascular Assessment/Physiological response to submaximal testing**

Fifty-three students completed the Cardiovascular Assessment. Fifty-one (97%) scored 70% or above on the assessment.

Benchmark: At least 90% of the students will score 70% or higher on the Cardiovascular Assessment.

#### HOW HAS THE DATA BEEN USED TO IMPLEMENT A CHANGE OR TO INFORM A DECISION?

Lab assignment grading scale was changed.

Data will continue to be collected and analyzed to determine what adjustments need to be made in courses or in the program as a whole.

<b>Student Learning Outcome 5</b>	<b>Assessment</b>	<b>Benchmark</b>	<b>Process (Who, How, When, Where)</b>
Assess, plan, and implement evidenced-based physical activity and/or exercise interventions in clinical, health-related, and training environments.	EXSC 431: Exercise Testing & Prescription, General Populations – Total Assessment and Exercise Rx Project	90% of the students will score at least 70% on the Total Assessment and Exercise Rx Project.	Professors for EXSC 431 will collect and score the Total Assessment and Exercise Rx Project using a rubric.
	HPER 440: Evaluation in Human Performance – Health-Fitness, Sport Skills Needs Assessment	90% of the students will score at least 70% on the Health-Fitness, Sport Skills Needs Assessment	Professors for HPER 440 will collect and score the Needs Assessment using a rubric
<b>DATA RESULTS AND ANALYSIS</b>			
<p>EXSC 431: Exercise Testing &amp; Prescription for General Populations Total Assessment and Exercise Rx Project (final assessment) Forty-five students completed the Total Assessment and Exercise Rx Project. Forty-two (94%) students scored 70% or above on this assessment.</p> <p>Benchmark: 90% of the students will score at least 70% on the Total Assessment and Exercise Rx Project. (MET)</p> <p>HPER 440: Evaluation in Human Performance Health-Fitness, Sport Skills Needs Assessment Fifty-four students completed the Health-Fitness, Sport Skills Needs Assessment. Fifty-four (100%) students scored 70% or above on this assessment.</p> <p>Benchmark: 90% of the students will score at least 70% on the Health-Fitness, Sport Skills Needs Assessment</p>			
<b>HOW HAS THE DATA BEEN USED TO IMPLEMENT A CHANGE OR TO INFORM A DECISION?</b>			

Faculty will be exploring how students in these course can be more involved in service learning activities that can get them more heavily engaged in the community.

Data will continue to be collected and analyzed to determine what adjustments need to be made in courses or in the program as a whole.

## Overall Program Goals

### DATA RESULTS AND ANALYSIS

During the Assessment training held in January, our faculty had a lengthy discussion with Dr. Eggleston regarding the excessive number of required courses in our Exercise Science/Wellness curriculum. During our course mapping activity, it was reiterated that we did have an unreasonable amount of required courses (Core) in the Exercise Science/Wellness concentration. Many of the courses that are required are sequenced. The current core course requirements for exercise science has resulted a delay in graduation and in a significant number of student special requests for transfer students and for students changing their major to exercise science.

Current recommended sequence

Zoo 251, Zoo 352, EXSC 429/430, EXSC 431, EXSC 433, Internship (these courses can not be taken together)

This sequence alone takes 3 years if the student does not go to summer school.

There is an additional 33 hours in the current EXSC/Wellness core.

### HOW HAS THE DATA BEEN USED TO IMPLEMENT A CHANGE OR TO INFORM A DECISION?

A change to the core course requirement from 50 credit hours to 19 credit hours to accommodate transfer students and students with a change in major to exercise science.

In addition to the basic Exercise Science/Wellness check sheet which has been created for the 2017/2018 catalog. The department is in the process of creating specialized check sheets for student who wish to pursue PT, OT, PA or Chiropractic school. These checksheets will have the required prerequisites for those programs built into the elective section of the checksheet.