B.S. in Exercise Science

Department of Kinesiology, Sport & Recreation

AY 2024 Report, October 15, 2024

Round A

Non-Accredited Programs Only

Student Learning Outcomes (SLOs) for Academic Programs

Please list all of the student learning outcomes for your program as articulated in the assessment plan.

1. Students will demonstrate proficiency in assessing common measures of physical fitness.
2. Students will demonstrate proficiency in designing physical fitness programs for healthy and special populations.
3. Students will effectively implement physical fitness programs for healthy and special populations.
   **When we revised our curriculum in spring 2024, the KSR 3104 project was revised and will now be applicable to SLO 2 only, and not SLO 3. So, no data is presented. As a result, we will revise SLO 3 for the upcoming year.
4. Students will demonstrate a knowledge of exercise science foundational concepts including but not limited to general fitness, structural kinesiology, exercise physiology, and biomechanics.

Overview of Measures/Instruments

SLO(s) *Note: Measures might be used for more than 1 SLO*	***ULG****	***Measures/Instruments*** *Please include a clear description of the instrument including when and where it is administered*	**How is the information Used?** *(include target score(s), results, and report if target(s) were met/not met/partially met for each instrument)*
1. Students will demonstrate proficiency in assessing common measures of physical fitness.	C S	How: KSR 4440: checklists; KSR 4450: checklists Where: Assessment, Testing, and Prescription lab When: throughout each semester	Goal: 80% of students will successfully demonstrate proficiency in assessing common measures of fitness, defined as earning 100% on the checkoffs. KSR 4440 Result: 88% of students successfully demonstrated proficiency GOAL MET KSR 4450 Result: 98% of students successfully demonstrated proficiency GOAL MET <u>OVERALL: 93%</u> of students successfully demonstrated proficiency GOAL MET

SLO(s) *Note: Measures might be used for more than 1 SLO*	***ULG****	***Measures/Instruments*** *Please include a clear description of the instrument including when and where it is administered*	**How is the information Used?** *(include target score(s), results, and report if target(s) were met/not met/partially met for each instrument)*
2. Students will demonstrate proficiency in designing physical fitness programs for healthy and special populations.	C W	How: KSR 3104 partner training project; KSR 4450 final case study; KSR 4460 final case study Where: classrooms, labs When: throughout the semester when students demonstrate and complete written assignments	Goal: KSR 3104 partner training project – 80% of students will earn ≥90% on the assignment Result: 85% earned ≥90% on the assignment GOAL MET Goal: KSR 4450 final case study – 100% of students will earn ≥70% on the final case study Result: 98% earned ≥70% on the assignment GOAL NOT MET Goal: KSR 4460 final case study – 100% of students will earn ≥70% on the final case study Result: 97% earned ≥70% on the assignment GOAL NOT MET OVERALL: 93% of students successfully demonstrated proficiency GOAL NOT MET

3. Students will effectively implement physical fitness programs for healthy and special populations.	C S	~~How: KSR 3104 partner training project~~ ~~Where: classroom and lab~~ ~~When: Throughout the semester~~	**When we revised our curriculum in spring 2024, the KSR 3104 project was revised and will now be applicable to SLO 2 only, and not SLO 3. So, no data is presented. As a result, we will revise SLO 3 and/or an assessment of SLO 3 for the upcoming year.
4. Students will demonstrate a knowledge of exercise science foundational concepts including but not limited to general fitness, structural kinesiology, exercise	C Q	How: comprehensive exam with questions from each of the following courses: KSR 2440, 2850, 3104, 3800, 4340, 4440, 4450, 4460 Where: KSR 4275 – Internship in KSR class When: must be completed prior to the end of the second week of the internship experience	Goal: 100% of students will earn ≥70% on the comprehensive exam Result: 79% earned ≥70% on the comprehensive exam GOAL NOT MET

physiology, and biomechanics.			

**Please reference any University Learning Goal(s) (ULG) that this SLO, if any, may address or assess. C=Critical Thinking, W=Writing & Critical Reading; S=Speaking and Listening; Q=Quantitative reasoning; R=Responsible Citizenship; NA=Not Applicable*

Improvements and Changes Based on Assessment

1. Provide a short summary (1-2 paragraphs or bullets) of any curricular actions (revisions, additions, and so on) that were approved over the past four years as a result of reflecting on the student learning outcomes data. Are there any additional future changes, revisions, or interventions proposed or still pending?

Changes to the Exercise Science curriculum were recently approved to align the curriculum to meet the standards necessary for the Committee on Accreditation for the Exercise Sciences which will become mandatory by 2027 in order for students to be eligible for certification as well as standards for the National Strength and Conditioning Association accreditation which will become mandatory by 2030.

As a result of the curricular changes, the assessment that was previously used to assess SLO 3 was modified and is no longer applicable. Faculty will work on revising SLO 3 and/or revising the assessment of SLO 3.

As of our last review, it was recommended that we lower the goals/target scores for SLO 2 and SLO 4 to 90% (currently at 100%) will earn $\geq$ 70% on the assessment. Faculty will discuss this at our next meeting.

The "Overall" scores compile the scores of students from multiple classes.

Assessment of the pre-physical therapy and pre-occupational therapy options was suggested. However, the main difference in those options versus the Exercise Science program is in the electives that are taken through other departments. So, there is no difference within our department.

2. Please provide a brief description or bulleted list of any improvements observed/measured in student learning over the past four years. Be sure to mention any intervention made that has not yet resulted in student improvement (if applicable).

The assessment plan for Exercise Science has been revamped and the new plan was implemented beginning spring 2021. As a result, we do not yet have 4 full years of data for comparison.

Part of the new assessment plan includes a comprehensive exam spanning 8 courses over 3 years that will demonstrate student learning and retention. Once we have several years of data for comparison, we will be able to use the data to make curricular changes for student improvement.

When comparing results for SLO 1 from the previous report to this one, we see an increase in the percentage of students who met the goal (from 78% to 93%). This increase is partially due to a diligent effort in assigning mandatory practice sessions for our students and providing more time for remediation. The goal was met across all methods of evaluation.

When comparing results for SLO 2 from the previous report to this one, although the goal was not met, there was an increase of 4% over the previous report. It was suggested that we change the goal to 90% meeting the goal versus 100%. This will be discussed at our next faculty meeting.

SLO 3 and/or the method of assessment will be revised for the next report.

When looking at the percentage of students who earned $\geq$ 70% on the assessment for SLO 4, the goal was not met, but was better than at last report (up 2% from 77% to 79%). It was suggested that we change the goal to 90% meeting the goal versus 100%. This will be discussed at our next faculty meeting.

3. Using the form below, please document annual faculty and committee engagement with the assessment process (such as the review of outcomes data, revisions/updates to assessment plan, and reaffirmation of SLOs).

* Exercise Science faculty are directed to meet after monthly faculty meetings to discuss and revise assessment criteria and goals.

History of Annual Review		
Date of Annual Review	**Individuals/Groups who Reviewed Plan**	**Results of the Review (i.e., reference proposed changes from #1 above, revised SLOs, etc...)**
11/09/2020	Exercise Science faculty	Began to revise the assessment plan.
01/20/2021	Exercise Science faculty	Revised assessment plan was approved
02/08/2021	Exercise Science faculty	Reviewed/discussed assessment plan during faculty meeting
08/19/2021	Exercise Science faculty	Reviewed previous data; Discussion of assessment plan and collection of data for fall 2021.
09/16/2022	Exercise Science faculty	Reviewed previous data; Discussion of assessment plan and collection of data for fall 2022 (new faculty).
12/02/2022	Exercise Science faculty	Reviewed Dean feedback from 11/01/2022
08/17/2023	Exercise Science faculty	Reviewed previous data; Discussion of assessment plan and collection of data for fall 2023 and spring 2024.
08/22/2024	Exercise Science faculty	Reviewed assessment plan and reporting data for AY 2024 report.

Dean Review & Feedback

The evaluation of the Exercise Science Program has been appropriately embedded throughout the curriculum and regularly reviewed by program faculty every year (sometimes twice a year). Since their assessment plan was revamped in 2021, they do not have 4 years worth of data to include. That said, the collaborative efforts of the Exercise Science faculty to improve the assessment process while optimizing opportunities for student learning should be commended. They have also worked to align the curriculum with the Committee on Accreditation Standards for the Exercise Science and the National Strength and Conditioning Association well ahead of the mandates; the mandates will not take effect until 2027 and 2030 respectively. The assessment plan appears largely ready for data collection though faculty are set to have a discussion about lowering the goals/target scores based on previous feedback. We look forward to seeing

the results of these changes in Fall 2026.

Jill Bowers _____ 11/13/24

Dean or designee Date

Academic Affairs –Review & Feedback

_____ _____

Date