

B.S. in Exercise Science
Department of Kinesiology, Sport & Recreation
AY 2022 Report
Year 4

Non-Accredited Programs Only

Student Learning Outcomes (SLOs) for Academic Programs

****NOTE:** This report utilizes data from spring 2021 through summer 2022. Data collection from summer 2020 and fall 2020 was interrupted due to COVID-19 as well as our department revamping the assessment plan for Exercise Science.

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.
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) <i>Note: Measures might be used for more than 1 SLO</i> | ULG* | Measures/Instruments <i>Please include a clear description of the instrument including when and where it is administered</i> | How is the information Used? <i>(include target score(s), results, and report if target(s) were met/not met/partially met for each instrument)</i> |
|--|-------------|--|---|
| 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: 60/87 = 69% of students successfully demonstrated proficiency GOAL NOT MET KSR 4450 Result: 69/78 = 88% of students successfully demonstrated proficiency GOAL MET <u>OVERALL: 129/165 = 78%</u> of students successfully demonstrated proficiency GOAL NOT MET |

| SLO(s) <i>Note: Measures might be used for more than 1 SLO</i> | ULG* | Measures/Instruments <i>Please include a clear description of the instrument including when and where it is administered</i> | How is the information Used? <i>(include target score(s), results, and report if target(s) were met/not met/partially met for each instrument)</i> |
|--|-------------|---|--|
| 2. Students will demonstrate proficiency in designing physical fitness programs for healthy and special populations. | C W | <p>How: KSR 3104 partner training project; KSR 4450 final case study; KSR 4460 final case study Where: classrooms, labs</p> <p>When: throughout the semester when students demonstrate and complete written assignments</p> | <p>Goal: KSR 3104 partner training project – 80% of students will earn $\geq 90\%$ on the assignment Result: 40/53 = 75% earned $\geq 90\%$ on the assignment GOAL NOT MET</p> <p>Goal: KSR 4450 final case study – 100% of students will earn $\geq 70\%$ on the final case study Result: 71/78 = 91% earned $\geq 70\%$ on the assignment GOAL NOT MET</p> <p>Goal: KSR 4460 final case study – 100% of students will earn $\geq 70\%$ on the final case study Result: 77/81 = 95% earned $\geq 70\%$ on the assignment GOAL MET</p> <p><u>OVERALL: 188/212 = 89%</u> of students successfully demonstrated proficiency GOAL NOT MET</p> |

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| 3. Students will effectively implement physical fitness programs for healthy and special populations. | C S | <p>How: KSR 3104 partner training project Where: classroom and lab</p> <p>When: Throughout the semester</p> | <p>Goal: KSR 3104 partner training project – implementation component – 100% of students will earn $\geq 70\%$ Result: 74/77 = 96% earned $\geq 70\%$ on the implementation component GOAL MET</p> <p>Goal: KSR 3104 partner training project – teaching component – 100% of students will earn $\geq 70\%$ Result: 75/77 = 97% earned $\geq 70\%$ on the teaching component GOAL MET</p> <p><u>OVERALL: 149/154 = 97%</u> of students successfully demonstrated proficiency GOAL MET</p> |
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|---|--------|---|--|
| 4. Students will demonstrate a knowledge of exercise science foundational concepts including but not limited to general fitness, structural kinesiology, exercise physiology, and biomechanics. | C Q | <p>How: comprehensive exam with questions from each of the following courses: KSR 2440, 2850, 3104, 3800, 4340, 4440, 4450, 4460</p> <p>Where: KSR 4275 – Internship in KSR class</p> <p>When: must be completed prior to the end of the second week of the internship experience</p> | <ul style="list-style-type: none"> • Data collection for SLO #4 began fall 2021 <p>Goal: 100% of students will earn $\geq 70\%$ on the comprehensive exam Result: 34/44 = 77% earned $\geq 70\%$ on the comprehensive exam GOAL NOT MET</p> |
|---|--------|---|--|

**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?

KSR 4440 and KSR 4450 were revised and approved effective fall 2022. The revisions included an emphasis on the student learning objectives and the lab components, which provide data for SLO #1, #2, and #4.

Faculty are continuing to revise courses to meet updated relevant professional standards. Future changes to the Exercise Science curriculum are currently underway 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.

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 have 4 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.

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). |
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Dean Review & Feedback

Overall, the plan appears ready for data collection.

1. The SLOs are generally clear and well-suited to departmental curricular goals of providing knowledge through instruction and practical experience. The learning outcomes may be improved by utilizing language that is specific and relatively easy to measure. For example, students will be able to identify ways to design an effective physical fitness program, rather than demonstrating proficiency in the actual design. Similarly, “students will demonstrate the ability to understand how to implement physical fitness programs,” rather than “students will effectively implement physical fitness programs”. This refinement could ensure that assessments are measuring candidates’ knowledge and skills due to instruction and practical experience.
2. To further make certain the outcomes are measurable and attainable, consider lowering the goals/target scores for SLO 2 and SLO 4, such that 90% of students will earn > 70 or 80% on the case study.
3. It is not clear what the “overall” goals/target scores are for each objective though the overall scores and whether or not the goal was met is stated.
4. The evaluation rubrics are referenced but could be included in the report. This could also help to ensure the clear link between SLOs and undergraduate learning goals (UGLs). All UGLs were referenced with the exception of responsible citizenship. Further refinement of the assessment instrument and measures/instruments could include specific links to all of the EIU UGLs to each SLO.
5. Consider including assessment of the pre-physical therapy and pre-occupational options.
6. We do not need 4 years of data even though this is the “4 year report”. Each cycle, you will only need to report on the last 2 years.

Thank you for your hard work compiling this report. Let us know if we can assist with program assessment as you begin the process.

Jill Bowers

 Dean of designee

11-1-22

 Date

Academic Affairs –Review & Feedback: B.S. Exercise Science

The SLO plan shows clear curricular alignment to accreditation standards. The plan is in its nascent stages, but it demonstrates careful planning and a long outlook. In particular, the new assessment plan for Exercise Science includes an ambitious but practical means for obtaining useful data. This is the “comprehensive exam spanning 8 courses over 3 years that will demonstrate student learning and retention.”

Administering this exam in the internship course makes sense as a place to assess overall (and long-term) comprehension of many principles taught throughout the program.



Suzie Park, VPAA Office

2022-11-10

Date