

## STUDENT LEARNING ASSESSMENT PROGRAM SUMMARY FORM

Program Name: **Exercise Physiology and Sports Administration**

Dept: Kinesiology, Sport, and Recreation (KSR)

College: College of Health and Human Services (CHHS)

Submitted by: Andrew J. Kerins

### Part 1:

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| CGS Learning Goal #1<br>A depth of content knowledge        | Program Learning Goal(s):<br><br>Students will demonstrate a depth of content knowledge in the management and administration of sport, physical activity programs, and/or the assessment and prescription of exercise programing  |
| How are learners assessed?                                  | a. A literature review paper and research poster are developed in KSR 5050 – Literature Review in the fall semester.<br>Capstone oral presentation and written paper are required in KSR 5055 – Research Methods in KSR course during the spring semesters.<br>b. The oral presentation, written papers, and poster presentation are assessed using graduate level competency/ knowledge rubrics.   |
| What are the expectations for the students?                 | a. For the oral presentation, 75% of students will pass on their first attempt (80% or higher). 100% will pass within two attempts.<br>b. For the written paper, 80% of students will pass on their first attempt (80% or higher). 100% will pass within two attempts.  |
| What are the expectations for the program?                  | The program will offer a rigorous set of courses and learning experiences that will challenge students to think critically as well as prepare them for jobs in the field.   |
| What were the results?                                      | a. For the oral presentation, <b>100%</b> of students passed on their first attempt.<br>b. For the written paper, <b>92%</b> of students passed on their first attempt.   |
| How are the results shared? How will these results be used? | a. Faculty (KSR 5055 instructor as well as two other graduate faculty) evaluate the students' oral presentations. Graduate faculty are assigned to students within the specific concentration (exercise science or sport administration) whenever possible. Each student must achieve an average score of 80% to receive a passing grade.<br>b. The graduate faculty who teach KSR 5055 assess the written paper using the graduate level rubric. |

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|   | c. The final results are shared by the graduate coordinator at the first fall graduate faculty meeting. Ideas are shared as to how to improve the process so it is a valuable experience for graduate students.  |
| CGS Learning Goal #2:<br>Critical thinking and problem-solving skills | <p>Program Learning Goal(s):</p> <p>Students will develop critical thinking and develop problem-solving skills that will allow them to effectively manage/administer sport, physical activity, and/or specialized exercise programs.</p>   |
| How are learners assessed?  | Assessment of critical thinking skills on internship evaluation rubric.  |
| What are the expectations for the students?                           | 100% of students completing an internship will receive a 4 out of 5 on problem solving skills and judgement rubric by their supervisor.  |
| What are the expectations for the program?                            | <p>a. Students will be tasked with securing internship opportunities that expand their knowledge and challenge them to think critically and deal with complex problems.</p> <p>b. The Graduate Coordinator will discuss available internship opportunities with students, encouraging them to seek out areas for new growth and development.</p>   |
| What were the results?  | a. <b>100%</b> of students in Sports Administration have completed an internship experience with a rating of at least 4 out of 5 on problem solving skills and judgement.  |
| How are the results shared? How will these results be used?           | Internship site coordinators evaluate critical thinking skills and submit those to the graduate coordinator. The results are shared at the first fall graduate faculty meeting.  |
| CGS Learning Goal #3: Effective oral and written communication skills | <p>Program Learning Goal(s):</p> <p>Students will demonstrate effective oral and written communication skills relevant to sport, physical activity, and/or specialized exercise programs.</p>  |
| How are learners assessed?  | <p>a. All students are required to get at least 1 oral rubric presentation evaluated via the campus speaking rubric.</p> <p>b. All students are required to get at least 1 written paper evaluated via the campus written rubric.</p> <p>c. Assessment of written communication skills on internship evaluation rubric.</p> <p>d. Assessment of verbal communication skills on internship evaluation rubric.</p> |

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| What are the expectations for the students?   | <p>a. For the Oral Rubric, 75% of students will receive a score of 38/48 (satisfactory) on their first attempt as evaluated by their faculty instructors. 100% will pass within two attempts.</p> <p>b. For the Written Rubric, 75% of students will receive a score of 25/32 (satisfactory) on their first attempt as evaluated by their faculty instructors. 100% will pass within two attempts.</p> <p>c. 100% of students completing an internship will receive a 4 out of 5 on the written communication rubric as evaluated by their supervisor.</p> <p>d. 100% of students completing an internship will receive a 4 out of 5 on the verbal communication rubric as evaluated by their supervisor.</p>   |
| What are the expectations for the program?  | a. The KSR Graduate Faculty will continue to review the standards by which students are assessed for their oral and written communication skills to ensure high-quality graduate work.  |
| What were the results?  | <p>a. <b>22/25 (92%)</b> of students received a passing score (38 or above out of 48) on their first attempt of the Written Rubric. 100% of students received a satisfactory score (38 or above out of 48) on their second attempt.</p> <p>b. <b>24/24 (100%)</b> of students received a satisfactory score (25 or above out of 32) on their first attempt of the Oral Rubric. 100% of students received a satisfactory score (25 or above out of 32) on their second attempt.</p> <p>c. <b>26/27 (96%)</b> of students who completed an internship received a 4 out of 5 on the written communication rubric as evaluated by their supervisor.</p> <p>d. <b>26/27 (96%)</b> of students who completed an internship received a 4 out of 5 on the verbal communication rubric as evaluated by their supervisor.</p> |
| How are the results shared? How will these results be used?                                       | <p>a/b. The graduate faculty complete the oral and/or written rubrics in KSR 5050 and KSR 5055. The results are compiled by the graduate coordinator and shared at the first graduate faculty meeting at the beginning of the fall and spring semesters.</p> <p>c/d. Students are assessed on their oral and written communication skills by their internship supervisor. Results are shared at the first fall graduate faculty meeting.</p>  |
| CGS Learning Goal #4: Evidence of advanced scholarship through research and/or creative activity. | <p>Program Learning Goal(s):</p> <p>Students will provide evidence of advanced scholarship through research projects that contribute to the body of knowledge in KSR and improve sport, physical activity, and/or exercise programs.</p>  |
| How are learners assessed?  | a. Poster presentations during the annual KSR Research Fair.  |

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|   | <ul style="list-style-type: none"> <li>b. Thesis completion and final defense evaluated by faculty committee and open to all members of the KSR faculty.</li> <li>c. Poster presentations at other on-campus research fairs.</li> <li>d. Poster presentations of research at state, national, and/or international conferences.</li> <li>e. Applications for Williams Travel Grants and other grant funding to facilitate presentations.</li> <li>f. Completion of independent study projects designed to immerse them in research in a specific area of the field.</li> </ul>  |
| What are the expectations for the students?                 | <ul style="list-style-type: none"> <li>a. 100% of students enrolled in KSR 5050 will present at the annual KSR Research Fair.</li> <li>b. 2 students will complete a thesis successfully as determined by the faculty committee.</li> <li>c. 4 students will present their research at other on-campus research fairs.</li> <li>d. 1 students will present their research at state, national, and/or international conferences.</li> <li>e. 1 student will apply for Williams Travel Grants or other grant awards to facilitate travel to present their work.</li> <li>f. 100% of students who complete independent studies will complete projects designed to immerse them in research in a specific area of the field.</li> </ul> |
| What are the expectations for the program?                  | <ul style="list-style-type: none"> <li>a. KSR Graduate Faculty will serve, as CU load allows, as thesis chairs for students who wish to complete a thesis.</li> <li>b. KSR Graduate Faculty will encourage all graduate students to present the results of their research, whether through a class project or thesis, at on- and off-campus research fairs.</li> </ul>  |
| What were the results?                                      | <ul style="list-style-type: none"> <li>a. The annual KSR Research Fair was held in December 2023 and <b>25</b> students participated.</li> <li>b. <b>2</b> students successfully completed a thesis in summer 2024.</li> <li>c. <b>2</b> students presented their research at other on-campus research fairs.</li> <li>d. <b>1</b> students presented their research at state, national, and/or international conferences.</li> <li>e. <b>0</b> student applied for Williams Travel Grants or other grant awards to facilitate travel to present their work.</li> <li>f. <b>1</b> students completed an independent study</li> </ul>  |
| How are the results shared? How will these results be used? | <ul style="list-style-type: none"> <li>a. The graduate faculty instructors for KSR 5050, along with the Graduate Coordinator, initiate the annual KSR Research Fair each fall. Faculty and</li> </ul>   |

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|  | <p>administrators from across campus are invited to attend the fair and provide feedback to students.</p> <p>b. As of fall 2022, a new thesis proposal format/deadline was established. First, an ad hoc committee developed a streamlined thesis proposal document for future submissions. Second, it was agreed that a student does not need full KSR Graduate Faculty approval to complete a thesis. This process was seen as cumbersome and no longer necessary. Instead, a student must identify a willing thesis chair who would then work with the student to develop their thesis proposal. Lastly, the deadline for thesis proposal submissions was pushed back from November 1<sup>st</sup> to December 1<sup>st</sup> to give students more time to consider the thesis option.</p> <p>b. The thesis option is explained to students in the initial graduate student meeting at the beginning of the fall semester. KSR 5050 – Literature Review instructors are also tasked with encouraging students who have the interest and ability to pursue the thesis option. Thesis completion is rated by a committee following the final defense.</p> <p>c. The graduate coordinator disseminates information as to submission for on-campus research fairs to students and faculty. Presentation data are disseminated at the final graduate faculty meeting in the spring.</p> <p>d. The graduate coordinator disseminates information as to the submission for state, national, and/or international presentation opportunities in each concentration area. Presentation data are disseminated at the final graduate faculty meeting in the spring.</p> <p>e. The graduate coordinator disseminates information regarding the William Travel Grant program and other funding opportunities available. Grant data are disseminated at the final graduate faculty meeting in the spring.</p> <p>f. The graduate coordinator approves all independent study projects and ensures they fit the criteria specified. Independent study data are disseminated at the first graduate faculty meeting of each semester.</p> |
| CGS Learning Goal #5: Ethics and Professional Responsibility | <p>Program Learning Goal(s):</p> <p>Students will gain enhanced understanding of ethical and professional expectations relative to their field and demonstrate that knowledge in their respective programs.</p>   |
| How are learners assessed?                                   | <p>a. Students in KSR 5055 will complete a research project that requires the completion of CITI Training.</p> <p>b. Students in KSR 5450 will learn more about privacy and professional ethics as part of their hands-on work with clients in the Adult Fitness program.</p>   |

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|   | c. Students in KSR 5010 will discuss professional ethical standards and complete a course paper or presentation on the topic.   |
| What are the expectations for the students?                 | a. 100% of students enrolled in KSR 5050 will complete the CITI training and earn the certificate.<br>b. 100% of students enrolled in KSR 5450 will commit to maintaining client's privacy by signing HIPPA forms prior to working with AFP members.<br>c. 100% of students in KSR 5010 – Ethical Issues in Sport will meet or exceed expectations on a professional ethics assignment.   |
| What are the expectations for the program?                  | a. KSR 5055 instructors will review ethical research principles and the reasoning for completion of the CITI certificate.<br>b. All KSR Graduate Faculty will share professional ethical standards from relevant professional associations/disciplines.<br>c. The KSR Graduate Coordinator will remind students of professional ethical standards during the annual Welcome Back meeting at the beginning of the fall semester. |
| What were the results?                                      | a. <b>100%</b> of KSR 5055 students completed the CITI training.<br>b. <b>100%</b> of KSR 5450 students signed their HIPPA forms.<br>c. <b>100%</b> of KSR 5010 students met or exceeded the expectations for the professional ethics assignment.   |
| How are the results shared? How will these results be used? | Results will be share with the graduate faculty. Graduate faculty will re-visit the learning goal annually to discuss the strategy for assessment. Other potential methods of assessing learning goal #5 within the program will be discussed.  |

## Part 2

**Describe what your program's assessment accomplishments since your last report was submitted. Discuss ways in which you have responded to the Graduate Assessment Summary Response from last year's report or simply describe what assessment work was initiated, continued, or completed.**

The KSR 5055 capstone experience continues to be a positive and meaningful one for both students and graduate faculty. The data indicates that students are successful in both the oral and written components of the course. Graduate faculty participation in the

evaluation of KSR 5055 capstone research presentations continues a tradition of in-depth, thorough examination that is focused on student learning and success.

The KSR 5980 – Internship experience maintains its status as a valuable opportunity for graduate students to obtain hands-on experience in their chosen degree program. The data suggests that graduate students are able to critically think and develop problem-solving skills that will allow them to effectively manage/administer sport, physical activity, and/or specialized exercise programs. The Graduate Coordinator has continued to encourage graduate students to seek out diverse internship opportunities to broaden their experiences.

The oral and written rubric expectation set forth by the KSR Graduate Program indicates that our graduate students can effectively present information both in oral and written form. The streamlining of these rubrics into the KSR 5050 – Literature Review in KSR (written) and KSR 5050 – Research Methods in KSR (oral) has proven to be an effective method for evaluation.

KSR graduate students are conducting quality Master's theses that will advance the scholarship on their chosen topics. We will continue to encourage students to disseminate their research at the local, state, and national/international levels. All of these opportunities indicated above suggest that the KSR graduate students are producing quality, graduate level work in their respective majors. In addition, graduate faculty are in frequent conversations to make each of these opportunities a valuable experience for both students and faculty.

### Part 3

**Summarize changes and improvements in curriculum, instruction, and learning that have resulted from the implementation of your assessment program. How have you used the data? What have you learned? In light of what you have learned through your assessment efforts this year and in past years, what are your plans for the future?**

KSR Graduate Faculty continue to experiment with online and hybrid course offerings. While there is some demand from existing students for online classes, the vast majority of our students prefer meeting face-to-face for most of their classes. Nevertheless, KSR graduate faculty have offered an occasional (~1 per semester) online course in the Sports Administration program. Students appreciate the flexibility these courses offer while also still being committed to being on campus and interacting with faculty and fellow students in the classroom.

The Exercise Physiology faculty in 2022 initiated an accelerated Master's in Exercise Physiology option. This plan has enhanced enrollment by attracting 4 high achieving undergraduate students in the past 12 months. The new plan has also been an effective tool for recruiting graduate students who are pursuing professional education such as Physical Therapy (PT) or Occupational Therapy (OT). Previously, many high achieving students would not even apply for the Master's in Exercise Physiology program because the PT and OT school start dates (usually ~mid May) conflicted with summer courses.

We continue to encourage KSR graduate students to complete a graduate thesis. The interest in the thesis has grown in the last two years with three students completing one in 2023-2024 and three more students lined up to complete one in 2024-2025. We are excited about the learning and growth that will take place as a result of completing a thesis, including the opportunity to present and publish their research.