

Human Performance and Wellness Management BS

Fitness And Wellness

Goal Description:

Students enrolled in the BS in Human Performance and Wellness Management program will successfully comprehend the health related physical fitness concepts and components that are emphasized in the curriculum.

Providing Department: Human Performance and Wellness Management BS

Progress: Completed

RELATED ITEMS/ELEMENTS

RELATED ITEM LEVEL 1

Components Of Physical Fitness

Learning Objective Description:

Students in the Bachelor of Science in Wellness Management program will be able to successfully understand all of the five health related components of physical fitness: 1) Cardiovascular fitness 2) Body composition, 3) Flexibility, 4) Muscular strength, and 5) Muscular endurance.

RELATED ITEM LEVEL 2

Exams 1 And 2

Indicator Description:

Components of Physical Fitness

Exams 1 and 2 administered in KINE 2115 - Lifetime Health and Wellness, cover the five health related components of physical fitness. Performance on these exams will indicate student's understanding of the health related components of physical fitness.

Criterion Description:

Components of Physical Fitness

Ninety percent of Wellness Management students must score at least 75% on Exams 1 and 2 in KINE 2115.

RELATED ITEM LEVEL 3

Action - Exams 1 & 2

Action Description:

The Exit Exam will be administer as part of the KINE 4393 course to assess the general knowledge on fitness and wellness management of students exiting the program. Students will answer 25 questions taken from the core curriculum

RELATED ITEM LEVEL 2

Exit Exam

Indicator Description:

The Exit Exam will be administer as part of the KINE 4393/4394 courses to assess the general knowledge on fitness and wellness management of students exiting the program. Students will answer 25 questions taken from the core curriculum.

Criterion Description:

Students will need to score 75% or more to pass the Exit Exam.

Findings Description:

No exit exam has been used at the time of this report. An exit exam will be used at the end of the Fall and Spring semester of 2022-2023 academic year..

RELATED ITEM LEVEL 3

Action - Exit Exam

Action Description:

The Exit Exam will be administer as part of the KINE 4393 course to assess the general knowledge on fitness and wellness management of students exiting the program. Students will answer 25 questions taken from the core curriculum

Morbidity And Mortality Prevention

Goal Description:

Bachelor of Science in Wellness Management students will successfully comprehend the multi-faceted components of disease etiology and prevention.

Providing Department: Human Performance and Wellness Management BS

Progress: Completed

RELATED ITEMS/ELEMENTS -----

RELATED ITEM LEVEL 1

Human Disease Knowledge

Learning Objective Description:

Students in the Bachelor of Science in Wellness Management program will be able to effectively identify the risk factors, protective factors, and preventive steps for the major chronic and communicable diseases.

RELATED ITEM LEVEL 2

Exit Exam

Indicator Description:

The Exit Exam will be administer as part of the KINE 4393/4394 courses to assess the general knowledge on fitness and wellness management of students exiting the program. Students will answer 25 questions taken from the core curriculum.

Criterion Description:

Students will need to score 75% or more to pass the Exit Exam.

Findings Description:

No exit exam has been used at the time of this report. An exit exam will be used at the end of the Fall and Spring semester of 2022-2023 academic year..

RELATED ITEM LEVEL 3

Action - Exit Exam

Action Description:

The Exit Exam will be administer as part of the KINE 4393 course to assess the general knowledge on fitness and wellness management of students exiting the program. Students will answer 25 questions taken from the core curriculum

RELATED ITEM LEVEL 2

Human Disease Knowledge

Indicator Description:

The entire curriculum in HLTH 3391 – Study of Human Diseases, discusses the etiology, risks, and prevention of the major chronic and communicable diseases. Therefore, the final grade in this course will serve as indicator of this goal and objective.

Criterion Description:

Wellness Management students must complete HLTH 3391 and earn a grade of B or higher for the course.

RELATED ITEM LEVEL 3

Human Disease Knowledge

Action Description:

Within exist exam administer as part of the KINE 4393 course , students will be assessed on their general knowledge of human diseases.

Professional Development And Practices

Goal Description:

Wellness Management students must complete HLTH 4394 and earn a grade of B or higher for the course.

Providing Department: Human Performance and Wellness Management BS

Progress: Completed

RELATED ITEMS/ELEMENTS -----

RELATED ITEM LEVEL 1

Professional Internship

Learning Objective Description:

Students enrolled in the Wellness Management program will effectively conduct their professional internship in an industry site that integrates the components of fitness, business, and wellness management into the internship responsibilities.

RELATED ITEM LEVEL 2

Professional Internship

Indicator Description:

Bachelor of Science in Wellness Management students enrolled in HLTH 4394 will be able to demonstrate and apply their professional competencies in a worksite setting. Students will engage in a variety of assignments including monthly blogs, weekly internship logs, and a cumulative reflection paper in order to demonstrate summary professional development. The cumulative portfolio is evaluated via a rubric established by program faculty. Students’ cumulative performance will also be evaluated by their internship site supervisor via a rubric established by program faculty.

Criterion Description:

Bachelor of Science in Wellness Management students enrolled in HLTH 4394 will achieve a minimum of an 85 % rating on their final internship evaluation from their site supervisor. Additionally, the professional portfolio and all accompanying assignments presented by the student must also attain a minimum of an 85 percent rating.

RELATED ITEM LEVEL 3

Professional Internship

Action Description:

Students enrolled in the Wellness Management program will effectively conduct their professional internship in an industry site that integrates the components of fitness, business, and wellness management into the internship responsibilities.

Update to Previous Cycle's Plan for Continuous Improvement Item

Previous Cycle's Plan For Continuous Improvement (Do Not Modify):

Closing Summary

We will be entering new goals and objectives that are in line with this degree and the Exercise Science faculties assessment of the program. This will be the first year that we will be collecting data within the KINE department.

Update of Progress to the Previous Cycle's PCI:

An exit exam covering materials for all the core courses of the program will be given to students starting Spring 2023. The exam will try to assess student knowledge in areas specific to the goals and objectives of the program.

New Plan for Continuous Improvement Item**Closing Summary:**

A new exit exam will be administer starting in Spring 2023, as part of the KINE 4393 course to assess the general knowledge on fitness and wellness management of students exiting the program. Students will answer 25 questions taken from the core curriculum