

Kinesiology BS (Clinical Exercise Science)

Principles of Clinical Exercise Science

Goal Description:

Clinical Exercise Science students will demonstrate problem-solving and reasoning skills and professionalism with an emphasis in practical application.

Providing Department: Kinesiology BS (Clinical Exercise Science)

Progress: Ongoing

RELATED ITEMS/ELEMENTS

RELATED ITEM LEVEL 1

Principles of Clinical Exercise Science

Learning Objective Description:

Students in the Clinical Exercise Science program will experience a student-centered learning environment which collaborates with a variety of clinical and applied experience sites to facilitate mastery of knowledge, skills, and professional behaviors necessary for professionals in exercise science and related disciplines.

RELATED ITEM LEVEL 2

Principles of Clinical Exercise Science

Indicator Description:

Clinical Exercise Science students will demonstrate professional knowledge and exhibit professional behaviors necessary for professionals in exercise science and related disciplines in settings outside of the classroom.

Criterion Description:

At least 80% of the Kinesiology BS (Clinical Exercise Science) students will score at least 80% in the supervisor evaluation of knowledge and professional behaviors.

Findings Description:

98% of Students were rated by their supervisors higher than 80% on both their overall professionalism and knowledge of exercise science.

RELATED ITEM LEVEL 3

Principles of Clinical Exercise Science

Action Description:

The placement of students in high quality internship sites is of great value for this program. Our internship coordinator does a great job of coordinating these placements and maintaining relationships with these sites. To maintain these relationships we are planning on implementing a GPA requirement for clinical exercise science students who are enrolling in their internship class. Those who do have meet the GPA requirement, will be given an option to complete alternate course work instead of internship.

Communication

Goal Description:

Clinical Exercise Science students will demonstrate written and oral communication skills with emphasis in clinical application.

Providing Department: Kinesiology BS (Clinical Exercise Science)

Progress: Ongoing

RELATED ITEMS/ELEMENTS -----

RELATED ITEM LEVEL 1

Written and Oral Communication

Learning Objective Description:

Students in the Clinical Exercise Science program will complete multiple assignments with written or oral communication components to facilitate mastery of knowledge, skills, and professional behaviors necessary for communicating with professionals in exercise science and related disciplines.

RELATED ITEM LEVEL 2

Communication skills

Indicator Description:

Clinical Exercise Science students will demonstrate communication skills and behaviors necessary for professionals in exercise science and related disciplines.

Criterion Description:

At least 80% of the Kinesiology BS (Clinical Exercise Science) students will score at least 80% on assignments in KINE 3364, 4377, and 4362 which require written and/or oral communication.

Findings Description:

The findings for this criterion were not available from all the instructors of those courses. However, in KINE 4377 80% of students scored 80% or higher on their final writing assignment.

RELATED ITEM LEVEL 3

Communication Skills

Action Description:

Some of the results of the criterion were missing and difficult to collect from all instructors involved. For the results that we had, it indicated that we were meeting our objective of having 80% of students score 80% or higher on their writing assignments. We are lacking information regarding the students oral communications skills.

Content Knowledge

Goal Description:

The Kinesiology BS Clinical Exercise Science Degree will emphasize factual knowledge and competencies that are needed by professionals in the field. These competencies include explicit knowledge of anatomy and physiological processes, creation and application of exercise programs in diverse populations, and exercise assessment tools (including, but not limited to: blood pressure, EKG testing, VO2 max testing, and body composition).

Providing Department: Kinesiology BS (Clinical Exercise Science)

Progress: Ongoing

RELATED ITEMS/ELEMENTS -----

RELATED ITEM LEVEL 1

Content Knowledge - human movement

Learning Objective Description:

Students in the Clinical Exercise Science program will demonstrate the knowledge and application of anatomical kinesiology and how form and function relate to human movement.

RELATED ITEM LEVEL 2

Content Knowledge - KINE 3362

Indicator Description:

Exams and Assignments in KINE 3362 will require students to explain human movement and function and discuss how these concepts relate to the human body. Students will be required to demonstrate proper mechanical principles in this advanced KINE course.

Criterion Description:

At least 80% of the Kinesiology BS (Clinical Exercise Science) students should score at least 80% on their exams and assignments in KINE 3362 demonstrating their knowledge of the anatomical components and principles of the human body.

Findings Description:

The findings for these criterion were not available from the instructors of this course.

RELATED ITEM LEVEL 3

Content Knowledge - KINE 3362

Action Description:

We are changing the way we assess content knowledge in the future by administering an exit exam during the student's internship. This exam will cover content from the core Kinesiology classes.

Student scores from this exam will help us to identify areas of lack of understanding.

RELATED ITEM LEVEL 1

Content Knowledge - exercise physiology, testing and prescription

Learning Objective Description:

Students in the Clinical Exercise Science program will demonstrate the knowledge and application of exercise physiology and exercise programming.

RELATED ITEM LEVEL 2

Content Knowledge - KINE 3373

Indicator Description:

Exams and Assignments in KINE 3373 will require students to explain the physiology and function of internal systems and discuss how these concepts relate to human performance. Students will be required to demonstrate proper physiological principles in this advanced KINE course.

Criterion Description:

At least 80% of the Kinesiology BS (Clinical Exercise Science) students should score at least 80% on their exams and assignments in KINE 3373 demonstrating their knowledge of the physiological processes in the human body as they relate to exercise.

Findings Description:

Only 49% of students scored over 80% on their exams and assignments. 83% of students scored over 70% on their exams and assignments.

RELATED ITEM LEVEL 3

Content Knowledge - KINE 3373

Action Description:

We did have data from this course which indicates that we are falling short in student's content knowledge in this area. KINE 3373 has been moved to a larger lecture format which may help explain some of the drop. The class is undergoing a significant overhaul of teaching method to use more active learning methods to encourage students to better understand the content.

We are changing the way we assess content knowledge in the future by administering an exit exam during the student's internship. This exam will cover content from the core Kinesiology classes. Student scores from this exam will help us to identify areas of lack of understanding.

RELATED ITEM LEVEL 2

Content Knowledge - KINE 4377

Indicator Description:

Exams and assignments in KINE 4377 will require students to thoroughly explain, demonstrate, and prescribe exercises designed to improve the components of physical activity--muscular strength, flexibility, balance, power, speed, and cardiovascular endurance.

Criterion Description:

At least 80% of Kinesiology BS (Clinical Exercise Science) students should score a minimum of 80% on their exams and assignments in KINE 4377.

Findings Description:

80% of students scored 80% or higher on their exams and assignments. 96% of students scored 70% or higher on their exams and assignments.

RELATED ITEM LEVEL 3

Content Knowledge - KINE 4377

Action Description:

Based on the findings are students are reaching our goals in this class. However, feedback from some internship sites have indicated that more information on electrocardiograms would be useful for students. We have encouraged instructors for this course to include more EKG content in their classes.

Update to Previous Cycle's Plan for Continuous Improvement Item

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

Closing Summary

The exercise science faculty have been meeting and discussing the focus of the program and the skills our students need to gain in our program. We will make edits to some of our goals and objectives for the next cycle. We have areas that we will continue to emphasize and build on in our program and we will be adding new goals to begin to work on.

Update of Progress to the Previous Cycle's PCI:

During this previous cycle we changed a couple of the required courses our students take to provide them more experience in areas in which they were lacking. Included in this was a research methods class which will provide students with practical hands on experience in kinesiology and using evidence based practices.

New Plan for Continuous Improvement Item

Closing Summary:

The largest action that we are undertaking as a means to improve this program is to move it from a concentration to a stand alone degree.