

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 Human Performance and Wellness Management program will be able to successfully understand and apply 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 Human Performance and Wellness Management students must score at least 75% on Exams 1 and 2 in KINE 2115.

Findings Description:

The average scores for Exams 1 and 2 was 85%.

RELATED ITEM LEVEL 3

Action - Exams 1 & 2

Action Description:

The average passing score for Exams 1 and 2 during the Spring 2023 semester was 85%. There was some students that were close to the 75% established criteria, so action should be taken to look which areas need improvement so students achieve higher scores on both Exams 1 and 2.

Professional Development And Practices

Goal Description:

Human Performance and Wellness Management students must complete KINE 4394 and KINE 4395 and earn a grade of B or higher for each 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 Human Performance and Wellness Management degree 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 Human Performance and Wellness Management students enrolled in KINE 4394 and KINE 4395 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 Human Performance and Wellness Management students enrolled in KINE 4394 and KINE 4395 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.

Findings Description:

Students enrolled in KINE 4394 and KINE 4395 achieved an average of 86 % rating on their final internship evaluation from their site supervisors. Additionally, students enrolled in KINE 4394 and KINE 4395 achieved an average of 88 % the professional portfolio and all accompanying assignments.

RELATED ITEM LEVEL 3

Professional Internship

Action Description:

Students in Human Performance and Wellness Management will continue to be focused on their professionalism at their internship sites. Professors will emphasize the importance of applying what the students have learned in their degree to the professional sites to prepare for the next step in their career.

Update to Previous Cycle's Plan for Continuous Improvement Item

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

Closing Summary

A new exit exam will be administered 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

Update of Progress to the Previous Cycle's PCI:

The new exit exam was administered and on average students passed the criteria for advancement. This exam is giving us important data on what concepts need to be emphasized in the classroom.

New Plan for Continuous Improvement Item

Closing Summary:

Continue administering an exit exam as part of the KINE 4393 course to assess the general knowledge on fitness and wellness management of students exiting the program. The goal is for students to improve on the previous passing criteria. This exam will be expanded to collect data to assist in tracking our alumni as they enter their careers.