2022-2023

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: Completed

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:

Over 90% of the Kinesiology BS (Clinical Exercise Science) students scored at least 80% in the supervisor evaluation of knowledge and professional behaviors.

RELATED ITEM LEVEL 3

Principles of Clinical Exercise Science

Action Description:

This evaluation provides critical feedback on the performance of our students in professional and clinical settings. We will continue to emphasize the importance of professionalism in these clinical and professional settings. Our students are taught to perform professionally during their internship expereinces to build relationships, mentorships, and job opportunities.

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: Completed

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:

74% of the Kinesiology BS (Clinical Exercise Science) students scored at least 80% on assignments in KINE 3364, 4377, and 4362 which require written and/or oral communication.

RELATED ITEM LEVEL 3

Communication Skills

Action Description:

Professional communication is a critical skill in the fields our students are preparing to enter. We will continue to emphasize these skills through assessments such as papers, projects, essays, and group work. Students are required to perform many communication skills in their upper-level classes.

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: Completed

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:

Only 72% of the Kinesiology BS (Clinical Exercise Science) students scored at least 80% on their exams and assignments in KINE 3362 demonstrating their knowledge of the anatomical components and principles of the human body.

RELATED ITEM LEVEL 3

Content Knowledge - KINE 3362

Action Description:

This course is a foundational course for many of the senior-level courses in exercise science. We will perform a curriculum map for this class and others in exercise science to determine the gaps in content and learning and where we can reinforce the concepts in our curriculum.

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 64% of the Kinesiology BS (Clinical Exercise Science) students scored 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.

RELATED ITEM LEVEL 3

Content Knowledge - KINE 3373

Action Description:

Exercise physiollogy concepts are core concepts for senior-level courses in exercise science. We will perform a curriculum map for this class and others in exercise science to determine the gaps in content and learning and where we can reinforce the concepts in our curriculum.

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:

95% of Kinesiology BS (Clinical Exercise Science) students scored a minimum of 80% on their exams and assignments in KINE 4377.

RELATED ITEM LEVEL 3

Content Knowledge - KINE 4377

Action Description:

This course is an important course in the clinical exercise science degree. We have started to map the curriculum for this course and a few others to ensure that the courses cover the specific content needed to prepare our clinical exercise science students for their careers and additional graduate work.

Update to Previous Cycle's Plan for Continuous Improvement Item

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

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.

Update of Progress to the Previous Cycle's PCI:

Our largest to improve this program was to move it from a concentration to a stand-alone degree; however, due to changes in personnel we were unable to focus time on this endeavor. This is our most popular concentration for our KINE students and we have a complete curriculum and faculty for the program but there are many steps needed to move it to a stand-alone degree. This is a critical step, not just for accurate data collection for assessment, but more importantly for the students. By making the clinical exercise science degree distinct, it reduces confusion for incoming students and transfer students. If students enter as general KINE majors it leads to incorrect science classes being taken and large costs to the students. If the errors are not caught in time, the students sometimes have to choose different career paths and change their goals, or take additional science classes and delay graduation.

New Plan for Continuous Improvement Item

Closing Summary:

We added an exercise physiology lab class a few semesters back and so we have had to make adjustments to move content around from different classes that initially were covering the lab content. We also recently hired two new faculty in exercise science and so it is a perfect time to assess our goals and focus in the curriculum. Now that we have the curriculum established we need to make a few more curricular

adjustments within the courses. We will perform a curriculum map for the classes in the exercise science curriculum to determine the gaps in content and learning and where we can reinforce the concepts in our curriculum.