

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:

Students surpassed the 75% criteria

RELATED ITEM LEVEL 3

Action - Exams 1 & 2

Action Description:

An exit exam for graduating seniors in the human performance and wellness program to assess their comprehensive knowledge and skills. The exam will focus on key learning objectives across core courses. The exam will be administered to all graduating seniors starting Spring 2025.

Results will be analyzed annually by the assessment committee to identify knowledge gaps and inform curricular adjustments. If the pass rate falls below 80%, the department will review and revise course content in identified weak areas, implement targeted review sessions, and consider adjusting the exam difficulty if necessary. This action aims to improve overall student learning outcomes and better prepare graduates for their careers in human performance.

RELATED ITEM LEVEL 2

Exit Exam

Indicator 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.

Criterion Description:

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

Findings Description:

Students surpassed the 75% criteria

RELATED ITEM LEVEL 3

Action - Exit Exam

Action Description:

An exit exam for graduating seniors in the human performance and wellness program to assess their comprehensive knowledge and skills. The exam will focus on key learning objectives across core courses. The exam will be administered to all graduating seniors starting Spring 2025. Results will be analyzed annually by the assessment committee to identify knowledge gaps and inform curricular adjustments. If the pass rate falls below 80%, the department will review and revise course content in identified weak areas, implement targeted review sessions, and consider adjusting the exam difficulty if necessary. This action aims to improve overall student learning outcomes and better prepare graduates for their careers in human performance.

Goals

Goal Description:

1. Provide students with a strong science foundation underpinning the anatomical, biomechanical, physiological, nutritional and psychological basis of human movement and health optimization. Courses in exercise physiology, motor control, biomechanics, sports psychology, etc. would aim to build this knowledge base.
2. Allow students to apply evidence-based principles through hands-on skills development in areas such as exercise testing and prescription, movement and gait analysis, coaching, designing training programs, rehabilitation protocols, and health promotion initiatives. Practicums, labs, simulations and projects would enable application.
3. Equip students with abilities in critical thinking, problem-solving, communication, ethics, leadership and project management to address real-world issues and challenges related to human performance and wellness. Group assignments, case analyses, community initiatives and engagement with professionals would develop these skills.
4. Expose students to the multi-faceted nature and interdisciplinary reach of fields connected to kinesiology, human performance science, healthcare and wellness to broaden perspective and readiness to enter any of these realms. Guest speakers, facility tours, investigational projects and career guidance resources would support this goal.
5. Facilitate student growth in utilizing evidence-based practice, cultural competence, supportive technologies and a commitment to life-long learning to drive decision-making and high standards of practice. Portfolios, self-evaluations and mentorship partnerships would foster ongoing development.

Providing Department: Human Performance and Wellness Management BS

Progress: Completed

RELATED ITEMS/ELEMENTS -----

RELATED ITEM LEVEL 1

Learning Objectives

Learning Objective Description:

1. Students will demonstrate foundational knowledge of exercise physiology, biomechanics, motor control, and nutrition to optimize human movement and well-being. This could be assessed through questions on exams or assignments in core courses. The goal would be for 85% of students to score 70% or higher.
2. Students will apply skills in movement analysis, program design, coaching, rehabilitation, or health education to improve performance and wellness. This could be assessed through rubrics evaluating student projects, practicums, simulations, etc. The goal would be for 80% of students to meet or exceed standards on the rubrics.
3. Graduates entering fields related to human performance science, kinesiology, healthcare, or wellness will utilize their degree to positively impact individuals and communities. This could be assessed post-graduation through employer or alumni surveys rating the applicability of the degree. The goal would be for 90% of respondents to rate the applicability as moderate or higher.

RELATED ITEM LEVEL 2

Indicator

Indicator Description:

Embedded exam questions in core courses covering foundational concepts. At least 5 questions relating to foundational knowledge (as defined in course learning outcomes) will be included on all major exams. Questions will utilize a multiple choice or short answer format. The course coordinator and full-time faculty from each core area will collaborate to develop the embedded questions. Exams will be scored based on percentage correct, with the goal for 85% of students to achieve 70% or higher on these embedded foundation knowledge questions. Results will be reviewed annually by core course faculty to identify strengths and weaknesses in foundational knowledge acquisition to inform curricular enhancements that may improve student learning in these areas.

Criterion Description:

The criterion for success is that the overall average score on the embedded foundation knowledge exam questions across all sections of the core courses will be 75% or higher. This indicates the majority of students have met or exceeded the 70% goal on these assessment questions. A 75% average aligns with expectations from other kinesiology-related programs nationally which cite scores ranging from 70-80% as reasonable competency levels for foundational knowledge in exercise science fields. The 75% criterion means students on average demonstrate mastery of key terminology, concepts, and evidenced-based findings that ground their expertise in human movement and performance.

Findings Description:

Students surpassed the criteria of 75%

RELATED ITEM LEVEL 3

Action - Indicator

Action Description:

The Department of Kinesiology will use the first-time pass rate on the Certified Strength and Conditioning Specialist (CSCS) exam as a key performance indicator for the human performance program.

RELATED ITEM LEVEL 1

Post-Graduation Employment or Continuing Education

Performance Objective Description:

Graduates will obtain employment or continue education related to disciplines within human performance science, healthcare, or wellness fields within one year of program completion.

RELATED ITEM LEVEL 2

Graduate Exit Surveys

KPI Description:

KPI: Alumni placement rates obtained through graduate exit surveys and 1-year post-graduation alumni surveys. Surveys will gather data on current occupational status, including job title, employer, job responsibilities, and how role connects to program of study. Data will also collect on continuing graduate education, including degree program and institution. Surveys will be administered by the program coordinator and data aggregated on an annual basis. Placement rate will be calculated by dividing the number of survey respondents indicating relevant employment or continued education by the total number of graduates from the prior year (taking the program). The goal is for a placement rate of 80% or higher within one year post-graduation. Survey results will be analyzed by program faculty and administrators to identify strengths/weaknesses related to curriculum alignment with occupational readiness.

Target Description:

Target: The target placement rate is 80% of graduates indicating relevant employment or continued education placement within one year of finishing the program. An 80% benchmark for the placement rate is considered a stretch, yet feasible, goal based on existing job market demand and graduate school acceptance rates within associated fields (exercise science, kinesiology, physical/occupational therapy, athletic training, healthcare administration, health promotion, etc.)

Results Description:

The 80% benchmark was reached

RELATED ITEM LEVEL 3

Action - Graduate Exit Surveys

Action Description:

We will implement a graduate exit survey to gather feedback on students' overall experience and perceived preparedness for their careers. The survey will focus on program satisfaction, perceived competency in core skills, and career readiness. The survey will be administered to all graduating seniors, two weeks before graduation. Results will be analyzed bi-annually by the curriculum committee to identify areas for improvement in course offerings, internship experiences, and career support services. If satisfaction ratings fall below 80% in any area, the department will convene focus groups with recent graduates to gather more detailed feedback and develop targeted improvement strategies. This action aims to enhance program quality and ensure graduates feel well-prepared for their professional endeavors.

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 surpassed the criteria of 85% rating

RELATED ITEM LEVEL 3

Action - Professional Internship

Action Description:

The department will enhance the professional internship component of the human performance program to improve students' practical skills and industry readiness. The internship coordinator, will establish partnerships with five new local fitness centers, sports teams, and rehabilitation clinics, expanding internship opportunities for students. Internship supervisors will evaluate students using a standardized rubric assessing key competencies. If less than 85% of students receive "proficient" or higher ratings, the department will implement pre-internship workshops focusing on identified weak areas and increase on-site faculty supervision. This action aims to strengthen students' practical experience, professional network, and employability upon graduation.

Update to Previous Cycle's Plan for Continuous Improvement Item

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

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.

Update of Progress to the Previous Cycle's PCI:

Building on the previous cycle's exit exam initiative in KINE 4393, the department will refine and expand this assessment tool. The exam will be updated to include more in-depth questions on emerging trends in fitness and wellness as defined by the American College of Sports Medicine's "Fitness Trends" published every year. The passing criteria will be raised from 80% to challenge students further. Additionally, the

exam will now incorporate a section on career goals and contact information to facilitate alumni tracking. The department will conduct annual follow-up surveys with exam-takers to gather data on job placement, career progression, and the relevance of program content to their professional roles. If the exam pass rate drops below 80% or if alumni feedback indicates gaps in preparation, the curriculum committee will review and update course content accordingly. This action aims to ensure continuous improvement in student learning outcomes and maintain program relevance to industry needs.

New Plan for Continuous Improvement Item

Closing Summary:

The department will implement a comprehensive skills assessment portfolio for human performance majors. Students will compile evidence of skill mastery throughout their program, including video demonstrations, case studies, and reflective essays. Faculty will evaluate portfolios using a standardized rubric during students' final semester. The target is for 85% of students to achieve "proficient" or higher ratings across all skill areas. If this target is not met, the department will identify weak areas and implement targeted skill workshops, revise relevant course activities, and provide additional hands-on learning opportunities. This action aims to enhance students' practical competencies and provide tangible evidence of their skills for future employers.