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 on 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:

92.86% of 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:

Our students are taught to perform professionally during their internship experiences to build relationships, mentorships, and job opportunities. This evaluation provides critical feedback on the performance of our students in professional and clinical settings. We will continue monitoring this learning objective as performance on this objective can have direct effect on placement of future students at internship sites.

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 - 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 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:

94.50% of students scored at least 80% on their exams and assignments in the KINE 4377 class during Fall 2023 and Spring 2024 semesters.

RELATED ITEM LEVEL 3

Content Knowledge - KINE 4377

Action Description:

This is an important course in the clinical exercise science program. 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. Specifically, we will consult with curriculum planners in Physical Therapy and Physician Assistant Programs that are currently being developed at SHSU.

RELATED ITEM LEVEL 1

Content Knowledge- KINE 4395

Learning Objective Description:

Students in the Clinical Exercise Science program will demonstrate retention and understanding of content related to anatomy and physiological processes, creation, and application of exercise programs in diverse populations, and exercise assessment tools.

RELATED ITEM LEVEL 2

Content Knowledge - KINE 4395

Indicator Description:

The exit exam in KINE 4395 will assess retention and understanding of content taught in KINE 1331- Foundation of Kinesiology, KINE 2114 Weight Training, KINE 3362 Functional Kinesiology, KINE 3364 Motor Learning, and KINE 3373 Physiology of Exercise classes. This content includes but is not limited to anatomy and physiological processes, creation, and application of exercise programs in diverse populations, and exercise assessment tools.

Criterion Description:

At least 80% of Kinesiology BS students enrolled in the KINE 4395 class should score a minimum of 80% on the exit exam in KINE 4395 class.

Findings Description:

RELATED ITEM LEVEL 3

Content Knowledge - KINE 4395 Action Description:

This evaluation provides critical feedback about the retention of essential knowledge, skills, and principles needed for our students to perform appropriately in their internships in professional and clinical settings. This is the first year that this objective has been added. We plan to monitor student performance on this learning objective as it would provide meaningful feedback on content areas that students may need a refresher on prior to their internships.

Update to Previous Cycle's Plan for Continuous Improvement Item

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

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.

Update of Progress to the Previous Cycle's PCI:

Our major goal was to focus on curriculum updating and mapping in the clinical exercise science program to determine the gaps in content and learning and where we can reinforce the concepts in our curriculum. We have already started working on this process and are making good progress. For example, we had added an exercise physiology lab class a few semesters back and so we are currently making adjustments to move content around from different classes that initially were covering the lab content. In the process of mapping the curriculum, we are also determining if our classes cover the specific content needed to prepare our clinical exercise science students for their careers and additional graduate work. For this objective, we will consult with curriculum planners in Physical Therapy and Physician Assistant Programs that are currently being developed at SHSU. The goal is to ensure that students in the clinical exercise science program have the pre-requisite classes, knowledge, and skills they will need to apply for and excel in clinical graduate programs.

New Plan for Continuous Improvement Item

Closing Summary:

In the next academic year, we will continue to focus on curriculum updating and mapping in the clinical exercise science program. In the process of mapping the curriculum, we are also determining if our classes cover the specific content needed to prepare our clinical exercise science students for their careers and additional graduate work. For this objective, we will consult with curriculum planners in Physical Therapy and Physician Assistant Programs that are currently being developed at SHSU. The goal is to ensure that students in the clinical exercise science program have the pre-requisite classes, knowledge, and skills they will need to apply for and excel in clinical graduate programs.