

Online Assessment Tracking Database

Sam Houston State University (SHSU)
2014 - 2015

Wellness Management BS

Goal	Fitness And Wellness 🔑 Students in Wellness Management often seek employment in a fitness setting. All Wellness Management students must possess baseline knowledge concerning the health related components of physical fitness. Therefore, one of the goals of the BS in Wellness Management program is that health related physical fitness concepts will be emphasized within the curriculum for all students.
Objective (L)	Components Of Physical Fitness 🔑 Students in the Bachelor of Science in Wellness Management program will be able to successfully demonstrate an understanding of the five health related components of physical fitness: 1) Cardiovascular fitness 2) Body composition, 3) Flexibility, 4) Muscular strength, and 5) Muscular endurance.
Indicator	Exams 1 And 2 🔑 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	Minimum Exam Scores 🔑 Ninety percent of Wellness Management students must score at least 75% on Exams 1 and 2 in KINE 2115.
Finding	Wellness Management Performance In KINE 2115 🔑 For the assessment of the Wellness Management OATDB, students with Wellness Management as well as Health Fitness will be evaluated. The Wellness Management degree is a new degree and is replacing the Health Fitness option. There are three students declared in Wellness Management and three additional students who will be completing the degree in Health Fitness as it is phased out. Only one Wellness Management student (and no

Health Fitness students) completed KINE 2115 in the assessment period. The final grade in the course for the Wellness Management student was an A. The exam 1 and 2 grades were 93 and 88 respectively. Therefore, the criteria is met.

Action**KINE 2115 Performance** 🔑

No additional action is recommended for this goal.

Goal**Professional Development And Practices** 🔑

Health fitness students will be able to use their acquired knowledge, skills, and experience in an internship setting.

Objective (L)**Professional Development** 🔑

Wellness management students will be able to use their acquired knowledge, skills, and experience in an internship setting.

Indicator**Professional Development Mastery** 🔑

Bachelor of Science in Wellness Management students enrolled in HLTH 4394 will be able to demonstrate professional competency in an applied 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**Site Supervisor Evaluation And Professional Portfolio** 🔑

Bachelor of Science in Wellness Management students enrolled in HLTH 4394 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.

Finding**Internship Performance** 🔑

No Wellness Management students were enrolled in the internship program during the 2014-2015 assessment period.

Action**Internship Performance** 🔑

Since the internship performance is the most important evaluation for students in Wellness Management, this goal will be retained as written and reviewed again in the 2015-2016 assessment period.

Goal**Morbidity And Mortality Prevention** 🔑

Wellness programs emphasize the prevention of morbidity and mortality. Bachelor of Science in Wellness Management students will understand disease etiology and prevention.

Objective (L)**Human Disease Knowledge** 🔑

Students in the Bachelor of Science in Wellness Management program will be able to effectively identify the risk factors, protective factors, and preventive steps for the major chronic and communicable diseases.

Indicator**Human Disease Course** 🔑

The entire curriculum in HLTH 3391 – Study of Human Diseases covers the etiology, risks, and prevention of the major chronic and communicable diseases. Therefore, the final grade in this course will serve as indicator of this goal and objective.

Criterion**Human Disease Course Grade** 🔑

Wellness Management students must complete HLTH 3391 with a grade of B or better.

Finding**Human Disease Knowledge** 🔑

For the assessment of the Wellness Management OATDB, students with Wellness Management as well as Health Fitness will be evaluated. The Wellness Management degree is a new degree and is replacing the Health Fitness option. There are three students declared in Wellness Management and three additional students who will be completing the degree in Health Fitness as it is phased out.

Two Wellness Management students and one Health Fitness student were enrolled in HLTH 3391 – Study of Human Diseases in the 2014-2015 assessment period. Two Bs and one A were attained by the three students. The criteria is met by all three students.

Action**Human Disease Knowledge** 🔑

Since an understanding of human disease risk factors and preventive steps are germane to the practice of wellness management and since all students performed well on this criteria, no additional action needs to be taken.

Previous Cycle's "Plan for Continuous Improvement"

No data from previous period.

Please detail the elements of your previous "Plan for Continuous Improvement" that were implemented. If elements were not implemented please explain why, along with any contextual challenges you may have faced that prevented their implementation.

New entity for 2014-2015.

Plan for Continuous Improvement - Please detail your plan for improvement that you have developed based on what you learned from your 2014 - 2015 Cycle Findings.

As the Wellness Management degree is a new degree option with few students enrolled, additional data need to be collected prior to an improvement plan being developed.