

UNIT REPORT

Kinesiology BS (Exercise Science)
Assessment Plan Summary

Kinesiology BS (Exercise Science)

Content Knowledge

Goal Description:

The Kinesiology BS Exercise Science Program will emphasize factual knowledge and competencies that are needed by professional in the field.

RELATED ITEMS/ELEMENTS -----

RELATED ITEM LEVEL 1

Content Knowledge
Learning Objective Description:
Students in the Exercise Science program will demonstrate the knowledge of the foundations of exercise physiology.

RELATED ITEM LEVEL 2

Content Knowledge
Indicator Description:
Selected exams and assignments in KINE 3373, 4373, and on the final project in 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 (Exercise Science) students will score a minimum of 78% on the selected exam and project questions in KINE 3373, 4373, and 4377.

Findings Description:
Students did not meet the goal target for the second assessment year. The assignments will be refined with an increased focus on effectively applying the knowledge and students will be encouraged to prepare for these assignments.

RELATED ITEM LEVEL 3

Content Knowledge
Action Description:
It is recommended that more teaching emphasis be placed on factual knowledge of Exercise Science and less on the theory in Exercise Physiology. In addition, more emphasis will be place on identifying areas of deficiencies. Teaching techniques will be developed to address the areas of deficiencies.

Principles Of Exercise Science

Goal Description:

Exercise Science students will demonstrate problem solving and reasoning skills with emphasis in program application.

RELATED ITEMS/ELEMENTS -----

RELATED ITEM LEVEL 1

Principles Of Exercise Science
Learning Objective Description:
Students in the Exercise Science program will be able to effectively demonstrate the lever system and articulate the manner in which it relates to the human body.

RELATED ITEM LEVEL 2

Principles of Exercise Science
Indicator Description:
A common embedded portion of each KINE 3362 section's written exam (developed by the Exercise Science faculty) will require students to explain the lever system and discuss how it relates to the human body. Students will be required to demonstrate proper mechanical principles in an advanced KINE course.

Criterion Description:
At least 80% of the Kinesiology BS (Exercise Science) students will score at least 78% on the selected lever quiz in KINE 3362.

Findings Description:

21/27 (77.8%) of the Kinesiology BS (Exercise Science) students scored at least 78% on the selected lever quiz in KINE 3362. 77.8% is shy of the target goal of 80%.

RELATED ITEM LEVEL 3**Principles of Exercise Science****Action Description:**

Increased emphasis will be placed on the components of the lever system and the importance of this in the human body. Additional readings and further lecture emphasis will be utilized to increase knowledge base.

Update to Previous Cycle's Plan for Continuous Improvement**Previous Cycle's Plan For Continuous Improvement (Do Not Modify):**

The Exercise Science program faculty will re-emphasize the academic standards for this coursework and continue to refine instructional techniques and content delivery to improve student learning. Many students achieve a 78% average on the quizzes, but did not achieve a 78% on all quizzes. Faculty will continue to emphasize the content and application of this knowledge. These goals are targeted at a long term increase in the quality of education the exercise science students receive. As these goals are important to the student learning environment, the goals will be retained for at least the 2016-2017 assessment cycle.

Update of Progress to the Previous Cycle's PCI:

The embedded test questions were implemented, but students did not meet the stated criteria. As a result, more emphasis will be placed on the student outcomes for content knowledge. Additionally, the results on the Capstone Exam suggest additional preparation is necessary for students matriculating from the program. Improvements in the lab facilities will also assist with the attainment of these stated goals.

Exercise science 2016-2017 cycle plan for continuing improvement**Closing Summary:**

The Exercise Science program will develop separate degree tracks which will allow students to chose between a clinical or applied option. Student with an interest in a more clinical Exercise Science environment, or have a desire for graduate education in the area of Exercise Science, Physical Therapy, or Medical School, can select the clinical track. Students more interested in Applied Exercise science ,such as working in a Corporate Wellness environment, Commercial Fitness, or going to Occupational Therapy school, can select the applied track. These separate tracks will allow students to has a more focused degree.