

Wellness Management BS

Fitness And Wellness

Goal Description:

Students enrolled in the BS in Wellness Management program will successfully comprehend the health related physical fitness concepts that are emphasized in the curriculum.

RELATED ITEMS/ELEMENTS

RELATED ITEM LEVEL 1

Components Of Physical Fitness

Learning Objective Description:

Students in the Bachelor of Science in Wellness Management program will be able to successfully understand 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 Wellness Management students must score at least 75% on Exams 1 and 2 in KINE 2115.

Findings Description:

Components of Physical Fitness

For the assessment of the Wellness Management, students with Wellness Management as well as Health Fitness were evaluated. The Wellness Management degree is a new degree and has replaced the Health Fitness option. There are 11 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 90 and 91 respectively. Therefore, the criteria were met.

RELATED ITEM LEVEL 3

Physical Fitness

Action Description:

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. The Wellness Management faculty have determined that this goal is critical for the professional development of students in the program. The goal will remain in the next assessment cycle.

Morbidity And Mortality Prevention

Goal Description:

Bachelor of Science in Wellness Management students will successfully comprehend the multi-faceted components of disease etiology and prevention.

RELATED ITEMS/ELEMENTS

RELATED ITEM LEVEL 1

Human Disease Knowledge

Learning Objective Description:

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.

RELATED ITEM LEVEL 2

Human Disease Knowledge

Indicator Description:

The entire curriculum in HLTH 3391 – Study of Human Diseases, discusses 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 Description:

Wellness Management students must complete HLTH 3391 and earn a grade of B or higher for the course.

Findings Description:

Two wellness Management students were enrolled in HLTH 3391 during the assessment cycle. One student earned an “A” and one students earned a “B” for the course. The criteria were met by all of the students enrolled in the course during the assessment cycle.

RELATED ITEM LEVEL 3

Human Disease Knowledge

Action Description:

The Wellness Management faculty were pleased with the findings of this goal. They have determined that a thorough comprehension of human disease risk factors and preventive steps are germane to the practice of wellness management, and the goal will remain as stated in the next assessment cycle.

Professional Development And Practices

Goal Description:

Wellness Management students will be able to successfully apply their acquired knowledge, skills, and experience in an internship setting.

RELATED ITEMS/ELEMENTS-----

RELATED ITEM LEVEL 1

Professional Internship

Learning Objective Description:

Students enrolled in the Wellness Management program will effectively conduct their professional internship in an industry site that integrates the components of fitness, business, and management into the internship responsibilities.

RELATED ITEM LEVEL 2

Professional Internship

Indicator Description:

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

Findings Description:

No Wellness Management students were enrolled in the internship program during the 2015-2016 assessment period.

RELATED ITEM LEVEL 3

Professional Internship

Action Description:

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.

Update to Previous Cycle's Plan (2015-16) for Continuous Improvement

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

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.

Update of Progress to the Previous Cycle's PCI:

Four students were enrolled in this first year of the BS Wellness Management program. Upon review of findings at the end of the 2015-16 cycle, plan for continued improvement shall be developed for 2016-17.

Plan for Continuous Improvement for 2016-17

Closing Summary:

The student enrollment in the BS in Wellness Management program grew by 275% from 4 to 11 students during the 2015-16 cycle. The goals were met for the assessment cycle with the exception of the professional internship experience. Due to the entrance of students into the program, and the fact that the degree has been revised, no students had met all of the pre-requisites to enroll in the HLTH 4394 course (Internship). Each of the goals will remain in the next assessment cycle. An administrative assistant has been hired by the department to assist with the assessment process for the BS in Wellness Management.