

Kinesiology BS (Applied Exercise Science) - Assessment Plan Summary

Kinesiology BS (Applied Exercise Science)

Content Knowledge

Goal Description:

The Kinesiology BS Applied Exercise Science Degree will emphasize factual knowledge and competencies that are needed by professionals in the field.

RELATED ITEMS/ELEMENTS -----

RELATED ITEM LEVEL 1

Content Knowledge

Learning Objective Description:

Students in the Applied Exercise Science program will demonstrate the knowledge and application of the foundations of exercise physiology and human movement.

RELATED ITEM LEVEL 2

Content Knowledge - Physical Activity Components

Indicator Description:

Exams and assignments in KINE 3373 and 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 70% of Kinesiology BS (Applied Exercise Science) students should score a minimum of 75% in their overall grade in KINE 3373 and 4377.

Findings Description:

100% of Applied Exercise Science students in KINE 4377 and KINE 3373 scored a C or better in the class.

RELATED ITEM LEVEL 3

Content Knowledge - Physical Activity Components

Action Description:

The assessment data obtained demonstrated that 100% of Applied Exercise Science students scores at least 70% in their content knowledge of Physical Activity Components. The Applied Exercise Science faculty suggest continuing an emphasis on exercise prescription designed to improve the components of physical activity- muscular strength, flexibility, balance, power, speed, and cardiovascular endurance.

RELATED ITEM LEVEL 2

Content Knowledge- Human Movement and Function

Indicator Description:

Exams and Assignments in KINE 3362 will require students to explain human movement and function and discuss how these concepts relate to the human body. Students will be required to demonstrate proper mechanical principles in this advanced KINE course.

Criterion Description:

At least 70% of the Kinesiology BS (Applied Exercise Science) students should score at least 70% in KINE 3362.

Findings Description:

100% of Applied Exercise Science students scored above an 80% in KINE 3362 during the 2016-2017 Academic year.

RELATED ITEM LEVEL 3

Content Knowledge - Human Movement and Function

Action Description:

The assessment data obtained demonstrated a very high understanding of Content Knowledge with 100% of Applied Exercise Science students scoring over 80% on the content assessments. The Applied Exercise Science faculty suggest continuing to emphasize human movement mechanical principles.

Principles of Applied Exercise Science

Goal Description:

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

RELATED ITEMS/ELEMENTS -----

RELATED ITEM LEVEL 1

Principles of Applied Exercise Science

Learning Objective Description:

Students in the Applied 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 Applied Exercise Science

Indicator Description:

Applied Exercise Science students will demonstrate professional knowledge and exhibit professional behaviors necessary for professionals in exercise science and related disciplines.

Criterion Description:

At least 70% of the Kinesiology BS (Applied Exercise Science) students will score at least 75% in the supervisor evaluation of knowledge and professional behaviors.

Findings Description:

During the 2016-2017 academic year, Applied Exercise Science students were scored by their supervisors above the 70% criterion. For Professional Behavior 100% students earned 80% or better; and for Exercise Science Knowledge 91% of students earned 75% or better.

RELATED ITEM LEVEL 3

Principles of Applied Exercise Science

Action Description:

Assessment data obtained demonstrated that over 90% if Applied Exercise Science students scored at or above set criterion. The Allied Exercise Science faculty suggest continuing emphasizing professional behaviors necessary for professionals in the discipline. It is suggested that in KINE 1331 (Introduction to Kinesiology) begin the discussion on professional behavior by adding a lecture or discussion board question as part of the class curriculum.

Update to Previous Cycle's Plan for Continuous Improvement

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

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.

Update of Progress to the Previous Cycle's PCI:

Many of our Applied Exercise Science students are preparing for advanced work in exercise science or professional school (ex. occupational therapy graduate school) and so they work hard to maintain good grades and learn the material they will need in their future. We will continue to emphasize the importance of these key upper level KINE courses.

2017-18 Plan for Continuous Improvement

Closing Summary:

The Applied Exercise Science program will require exercise science students to make a C or better in all Exercise Science courses. The program will seek to have a dedicated internship coordinator with the responsibilities of securing outstanding internship opportunities for students and enhancing the student internship experience. Curriculum revision will continue in order to meet the professional desire of students. Wellness Management will be moved from Population Health into the Kinesiology department and merged with the Applied Exercise Science degree.