

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:

Two students of seven were enrolled in KINE 2115, Lifetime Health and Wellness, during the 2016-17 assessment period. Both students, one hundred percent (100%), earned an A for the course indicating they had mastered the content on Exams 1 and 2. The fitness and wellness goal was achieved by the students who were enrolled in the KINE 2115, Lifetime Health and Wellness course.

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:

One of seven Wellness Management students was enrolled in HLTH 3391, Study of Human Diseases, during the 2016-17 assessment period. This student, one hundred percent (100%), earned a grade of B or higher for the course indicating they had mastered the content of Study of Human Diseases. The goal was achieved.

RELATED ITEM LEVEL 3

Morbidity and Mortality Prevention

Action Description:

The BS in Wellness Management program is going to be merged into the BS in Kinesiology (Exercise Science) program during the 2017-18 assessment cycle. Once this is complete the BS in Kinesiology (Exercise Science) program faculty will incorporate the current goals and student learning objectives that are indicated in the BS in Kinesiology (Exercise Science) assessment plan.

Professional Development And Practices

Goal Description:

Wellness Management students must complete HLTH 4394 and earn a grade of B or higher for the course.

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:

None of the seven Wellness Management students were enrolled in HLTH 4394, Internship Program, during the 2016-17 assessment cycle; therefore, there are no findings to report.

RELATED ITEM LEVEL 3

Professional Development and Practices

Action Description:

The BS in Wellness Management program is going to be merged into the BS in Kinesiology (Exercise Science) program during the 2017-18 assessment cycle. Once this is complete the BS in Kinesiology (Exercise Science) program faculty will incorporate the current goals and student learning objectives that are indicated in the BS in Kinesiology (Exercise Science) assessment plan. The professional internship goal is a critical element of the Wellness Management degree and will be maintained as the students matriculate into the BS in Kinesiology (Exercise Science) program.

Update to Previous Cycle's Plan for Continuous Improvement

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

The BS in Wellness Management program is growing with 11 students currently enrolled in the program. This is a significant increase from the previous assessment cycle that had four students enrolled in the program. All of 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.

Update of Progress to the Previous Cycle's PCI:

During the 2016-17 assessment cycle, the number of Wellness Management majors decreased from 11 to 7 students. All of the goals for 2016-17 were met except for the professional internship experience. Due to the entrance of students into the program, and the revisions of degree requirements, no students met the prerequisites to enroll in the HLTH 4394 course.

2017-18 Plan for Continuous Improvement

Closing Summary:

The Kinesiology and Health faculty determined that the content of the Wellness Management program is better aligned for the BS in Kinesiology (Exercise Science) program. These changes will be reflected in the BS in Kinesiology (Exercise Science) 2017-18 assessment plan.