

Degree: Exercise Science
2023-2024 Assessment Plan

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| | Student Learning Outcome #1 | <p>Students majoring in Exercise Science will demonstrate an understanding of and ability to apply principles of wellness, biomechanics, exercise physiology, exercise assessment and prescription.</p> <p>Rationale: The content areas listed in objective 1 is ACSM (American College of Sports Medicine) content areas for degree programs in Exercise Science. The exam will be used to examine strengths and weaknesses in the curriculum.</p> |
| PLAN | Assessment Method(s) | <p>A content exam to be administered in KINT 4350 (exit) will be used to assess the students' content knowledge in the ACSM content areas. The second measurements for objective one will be taken in KINT 3330. As the Exercise Physiology (KINT 3330) content is an important baseline for exercise science majors, a 5-question assessment of the most missed concepts on the exit exam will be given at the conclusion of KINT 3330. Rationale: This will allow the program to examine student comprehension of exercise physiology principles and show if adjustments to course content, assignments, etc. are warranted. (Begins Fall 2024).</p> |
| | Proficiency | <p>Content areas were selected by the Exercise Science faculty to identify strengths and weaknesses within the curriculum. Program success will be a 70% pass rate. Rationale: A score of 70% or greater was chosen because that is the score necessary to achieve certification and thus is a rigorous standard for Exercise Science students.</p> |
| DO | Benchmark | <p>A successful score on each content area (10 questions each) will be a score of 70% or greater. A score of 70% on the entire exam is needed to be successful.</p> |
| | Results of Assessment | <p>During the 2023-2024 cycle the exit exam was administered in KINT 4350 in the fall and the spring semester. When examining the content areas 70% of the students achieved a score of 70% or better on the Fitness/Biomechanics section of the exam which meets the target of 70% success rate. Fifty two percent of the students made a 70% or greater on the Exercise Physiology section of the exam and 65% of the students made a 70% or greater on the Assessment/ Exercise Prescription section of the exam</p> |

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| | | both of which fail to meet the target goal. The overall average for the exam was 67.35% with 43% of students scoring 70% or greater on the exam, which does not meet the target under this objective. |
| S T U D Y | Analysis of Results | The results show deficiencies in all areas of the exit exam. In the Spring 2024 more of the Exercise Science courses have return to face-to-face offerings. Going forward the effect of transitioning from online courses back to face-to-face will be examined not just at the upper levels but also at the lower-level courses as well. The addition of practical experiences taught in many of the courses should enhance student comprehension. Beyond creating better education experiences, an update on the exit exam is needed. There are tests for example that ACSM has changed recommendation on as far use and effectiveness. Though the program has adjusted course content, it is necessary to adjust the exam content as well. This process will begin summer 2024. |

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| | Student Learning Outcome #2 | <p>Exercise Science majors will demonstrate their knowledge of the content associated with Exercise Science profession.</p> <p>Rationale: The test utilized will provide information on entry level knowledge of Exercise Science majors and content knowledge changes (exit exam). The results will be utilized to examine the effectiveness of the Exercise Science curriculum. Baseline (entry level) knowledge in Exercise Science content will be gathered in KINT 2378 "Fitness Concepts". Exit level knowledge will be gathered in KINT 4350 "Exercise Prescription". The data will be compared to examine the impact of the program has on Exercise Science majors.</p> |
| PLAN | Assessment Method(s) | Source of Evidence: Faculty pre-test / post-test of knowledge mastery. Information on an exit survey given in KINT 4630 Preceptorship will be utilized to ascertain students' opinion on program effectiveness. (Begins Summer 2024). |
| | Proficiency | A content exam to be administered in KINT 2378 (entry) and then again in KINT 4350 (exit) to assess the students' entrance and exit content knowledge levels. Rationale: The entry exam gives Exercise Science faculty insight into the knowledge base of students entering the program, while to exit exam allows program administrators to see the potential progress achieved by students as they exit the program. |
| DO | Benchmark | The scores on the exam in KINT 2378 will be utilized as a baseline to assess the entry level knowledge Exercise Science majors. Average percent change in entry level scores compared to exit scores will be utilized to assess program effectiveness. |
| | Results of Assessment | The percent change from entry level averages (56.62%) to exit scores for 2023-24 (67.35%) was 10.73%, which is low. This data is from Spring 2024 only as the department has begun teaching both KINT 2378 "Fitness Concepts" and KINT 2371 "Functional Anatomy and Physiology" as face to face offerings once again. The data for the entry exam will be cumulative starting Spring 2024. |

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| S T U D Y | Analysis of Results | <p>The entry exam results are not expected to change a great deal as the exam is taken prior to the students having seen most of the Exercise Science content. The new average of 56.62 is like the previous average of 52.80. Starting this new benchmark is to examine ultimately the effect on exit scores, as courses move to face to face, particularly for the fitness and anatomy content which are foundations for the Exercise Science program. The first ten questions of the exit exam cover Fitness/Anatomy/Biomechanics, as the program moves forward there will be an examination of the impact these courses and others that have come back to face to face delivery on student retention.</p> |
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| | Student Learning Outcome #3 | <p>Students in Exercise Science will be given exercise prescription scenarios to examine their knowledge of fitness testing.</p> <p>Rationale: From observations and results of assignment in various Exercise Science courses a lack of understanding fitness testing (choice of test, what is measured, when to use various test) is evident. This is a key skill for Exercise Science professionals.</p> |
| PLAN | Assessment Method(s) | At the conclusion of KINT 3380 (Testing Procedures and Measurement) students will be asked to fill in a table identifying two fitness tests in each health/fitness area and explain what information is ascertained by each test. The second measure for objective 3 will be in KINT 4350 (Exercise Prescription). Students will be given two scenario-based exercise prescriptions and will be asked to identify the appropriate test(s) to be utilized in several specified fitness areas. (New objective begins Fall 2024). |
| | Proficiency | Because of the importance of this content to Exercise Science professionals a success rate of 80% has been selected. |
| DO | Benchmark | A successful score on the scenarios will 80% or greater. The criterion of 80% is the minimum acceptable score for all students in KINT 3380 “Testing Procedures and Measurements”. |
| | Results of Assessment | NO DATA. KINT 3380 “Testing Procedures and Measurement” is offered in the fall, data collection for this objective will begin in Fall 2024. |

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| S T U D Y | Analysis of Results | |
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| | Student Learning Outcome #4 | <p>Students Majoring in Exercise Science will demonstrate the ability to apply content knowledge in a field base setting.</p> <p>Rationale: The preceptorship is conducted in a professional setting where students are asked to apply the content knowledge in Exercise Science curriculum, which will be vital for the students' professional development and future success. The student Portfolio and professional evaluation will be utilized to examine the application of knowledge and communication skills of the student.</p> |
| PLAN | Assessment Method(s) | Preceptorship Portfolio. The second measurement will be an exit survey to assist in identifying strength and weakness in the Exercise Science program. (Starts Summer 2024) |
| | Proficiency | Students in KINT 4630 (Preceptorship) will construct a portfolio demonstrating the utilization of Exercise Science content in a field-based setting. The portfolio will consist of assignments, reports and data gathering to assess the student's application of professional knowledge. A successful score will be a portfolio grade of 70% or greater. The criterion of 70% is the minimum acceptable score for a student in KINT 4630. |
| DO | Benchmark | The program criterion for this objective is a success rate of at least 70% of students. |
| | Results of Assessment | Over 90% of students in KINT 4630 made a grade of 70% or greater on their portfolio. |
| S T U D Y | Analysis of Results | This objective was meet. |

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