
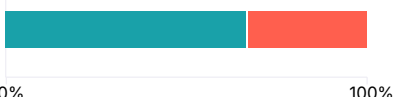


**MS in Nutrition in Sports Nutrition - MS-AMNS**

Academic year 2024-2025

**MS in Nutrition in Sports Nutrition - MS-AMNS Learning Outcomes****Written Communication**

Students in the MS in Nutrition-Sports Nutrition program will demonstrate effective written communication utilizing professional and research-based skills to write a research proposal for a community nutrition project.

MEASURES	RESULTS	ACTIONS
<p><b>Written Proposal</b></p> <p>Students will develop and submit an initial proposal for a hypothetical community nutrition intervention project. The assignment will include the following sections: introduction, literature review, methodology, references, and appendices.</p> <p>Direct - Assignment</p> <p><i>Nutrition Research: NUTR 5303</i></p> <p><b>Target</b></p> <p>75% of MS in Nutrition-Sports Nutrition students in NUTR 5303, Nutrition Research, will score at least 80% on the Written Proposal assignment using the grading rubric.</p>	<p><b>NOT MET</b></p> <p>Written Proposal</p> <p>■ Met ■ Not Met</p>  <p>0% 100%</p> <p>Met: 46% Not Met: 54%</p> <p>Met Total: 46% Not Met Total: 54%</p> <p><b>Analysis</b></p> <p>Only 46% (13 of 28 students) scored at least 80% on the Written Proposal assignment using the grading rubric.</p>	<p><b>Revise Measurement / Assessment</b></p> <p>Not Started</p> <p>Overall, students continue to struggle with writing professionally. This has been an on-going challenge for several years. Nutrition faculty agree a change in the type of professional paper written is warranted. With the 2025-2026 year, the written proposal assignment will be modified and broken into two assignments. To measure written communication, a systematic literature review assignment will be used. Written communication skills are important for our graduates to succeed professionally in the field of Nutrition and Dietetics; therefore, it is important to keep this assessment method.</p> <p>Recommended Due Date: 06/01/2026</p>
<p><b>Self-Critique of Skills Learned in MS in Nutrition Program</b></p> <p>In the final course of the program, students will complete an exit-like document addressing skills learned in the program as well as program strengths and areas of improvement. This document addresses professional writing skills and is completed in the Nutrition Capstone course (NUTR 5389).</p> <p>Indirect - Other</p> <p><i>Nutrition Capstone: NUTR 5389</i></p> <p><b>Target</b></p> <p>85% of MS in Nutrition-Sports Nutrition will select "Strongly Agree" to the statement, "The MS in Nutrition Program at Lamar University provided me with strong skills in writing a research proposal using evidence-based practices (information based on scholarly, peer-review nutrition articles)" on the Self-Critique of Skills Learned in MS in Nutrition Program document.</p>	<p><b>NOT MET</b></p> <p>Self-Critique of Skills Learned in MS in Nutrition Program</p> <p>■ Met ■ Not Met</p>  <p>0% 100%</p> <p>Met: 67% Not Met: 33%</p> <p>Met Total: 67% Not Met Total: 33%</p> <p><b>Analysis</b></p> <p>Only 67% (16 of 24 students) selected "Strongly agree to the statement, "The MS in Nutrition Program at Lamar University provided me with strong skills in writing a research proposal using evidence-based practices (information based on scholarly, peer-review nutrition articles)" on the Self-Critique of Skills Learned in MS in Nutrition Program document.</p>	<p><b>Revise Benchmark / Target</b></p> <p>Not Started</p> <p>85% of MS in Nutrition-Applied Nutrition will select either "Strongly Agree" or "Agree" to the statement, "The MS in Nutrition Program at Lamar University provided me with strong skills in writing a research proposal using evidence-based practices (information based on scholarly, peer-review nutrition articles)" on the Self-Critique of Skills Learned in MS in Nutrition Program document.</p> <p>Recommended Due Date: 06/01/2026</p>

**Conclusion**

Both assessment methods used showed that students did not meet the target for written communication.

## Professional Oral Communication

Students in the MS in Nutrition-Sports Nutrition program will demonstrate professionalism in making evidence-based presentation.



MEASURES	RESULTS	ACTIONS								
<p><b>Proposal Presentation</b></p> <p>MS Student in Nutrition-Sports Nutrition will develop a professional presentation using appropriate evidence-based nutrition guidelines; the presentation will be presented to the professor and peers.</p> <p>Direct - Presentation</p> <p><i>Nutrition Capstone: NUTR 5389</i></p> <p><b>Target</b></p> <p>90% of MS in Nutrition Students-Sports Nutrition in NUTR 5389, Nutrition Capstone, will score at least 85% on the Proposal Presentation.</p>	<p><b>NOT MET</b></p> <p>Proposal Presentation</p> <p>Met Not Met</p> <table><tr><td>Met:</td><td>67%</td></tr><tr><td>Not Met:</td><td>33%</td></tr><tr><td>Met Total:</td><td>67%</td></tr><tr><td>Not Met Total:</td><td>33%</td></tr></table> <p><b>Analysis</b></p> <p>Only 67% (16 of 24 students) scored 85% or higher on the Proposal Presentation using the grading rubric.</p>	Met:	67%	Not Met:	33%	Met Total:	67%	Not Met Total:	33%	<p><b>Gather Additional Data</b></p> <p>Not Started</p> <p>This is the first academic year the program has been assessed. This serves as baseline data.</p> <p>Oral communication skills are important for our graduates to succeed professionally in the field of Nutrition and Dietetics. Since the target was not met but improvement was made, this assessment method will be kept. In the Nutrition Capstone course, the professor will develop a detailed lecture to be delivered through an instructional webinar; this will provide students skills in making professional presentations to their audience.</p> <p>Recommended Due Date: 06/01/2026</p>
Met:	67%									
Not Met:	33%									
Met Total:	67%									
Not Met Total:	33%									
<p><b>Self-Critique of Skills Learned in MS in Nutrition Program</b></p> <p>In the final course of the program, students will complete an exit-like document addressing skills learned in the program as well as program strengths and areas of improvement. This document addresses professional presentation skills and is completed in the Nutrition Capstone course (NUTR 5389).</p> <p>Indirect - Other</p> <p><i>Nutrition Capstone: NUTR 5389</i></p> <p><b>Target</b></p> <p>85% of MS in Nutrition-Sports Nutrition will select "Strongly Agree" to the statement, "The MS in Nutrition Program at Lamar University provided me with strong skills in developing presentations for sharing appropriate nutrition guidelines" on the Self-Critique of Skills Learned in MS in Nutrition Program document.</p>	<p><b>NOT MET</b></p> <p>Self-Critique of Skills Learned in MS in Nutrition Program</p> <p>Met Not Met</p> <table><tr><td>Met:</td><td>29%</td></tr><tr><td>Not Met:</td><td>71%</td></tr><tr><td>Met Total:</td><td>29%</td></tr><tr><td>Not Met Total:</td><td>71%</td></tr></table> <p><b>Analysis</b></p> <p>Only 29% (7 of 24 students) selected "Strongly agree to the statement, "The MS in Nutrition Program at Lamar University provided me with strong skills in developing presentations for sharing appropriate nutrition guidelines" on the Self-Critique of Skills Learned in MS in Nutrition Program document.</p>	Met:	29%	Not Met:	71%	Met Total:	29%	Not Met Total:	71%	<p><b>Revise Benchmark / Target</b></p> <p>Not Started</p> <p>85% of MS in Nutrition-Applied Nutrition will select either "Strongly Agree" or "Agree" to the statement, "The MS in Nutrition Program at Lamar University provided me with strong skills in developing presentations for sharing appropriate nutrition guidelines" on the Self-Critique of Skills Learned in MS in Nutrition Program document.</p> <p>Recommended Due Date: 06/01/2026</p>
Met:	29%									
Not Met:	71%									
Met Total:	29%									
Not Met Total:	71%									

## Conclusion

Both assessment methods used showed that students did not meet the target for professional oral communication.

## Professional Development

Students in the MS in Nutrition-Sports Nutrition program will reflect on career development and write a professional development plan including both short and long-term career goals with strategies for reaching goals.

MEASURES	RESULTS	ACTIONS
<p><b>Professional Development Plan</b></p> <p>In NUTR 5380, Nutrition Capstone, students will use reflective writing to develop a professional development plan including both short and long-term career goals with strategies for reaching goals. The assignment reinforces the importance of life-long learning.</p> <p>Direct - Assignment</p> <p><i>Nutrition Capstone: NUTR 5389</i></p> <p><b>Target</b></p> <p>90% of MS in Nutrition-Sports Nutrition students will score 85% or higher on the Professional Development Plan assignment.</p>	<p><b>NOT MET</b></p> <p>Professional Development Plan</p> <p>■ Met ■ Not Met</p>  <p>0% 100%</p> <p>Met: 88% Not Met: 12%</p> <p>Met Total: 88% Not Met Total: 13%</p> <p><b>Analysis</b></p> <p>Only 88% (21 of 24 students) scored 85% or higher on the Professional Development Plan assignment using the grading rubric.</p>	<p><b>Revise Benchmark / Target</b></p> <p>Not Started</p> <p>This was the first year that the professional development plan was used as an assessment method. Therefore, this is considered baseline data. Nutrition faculty learned and are in agreement that the target was set too low for this assessment. Professional development skills are important for our graduates to continue to succeed professionally in the field of Nutrition and Dietetics; therefore, it is important to keep this assessment method.</p> <p>Recommended Due Date: 06/01/2026</p>
<p><b>Self-Critique of Skills Learned in MS in Nutrition Program</b></p> <p>In the final course of the program, students will complete an exit-like document addressing skills learned in the program as well as program strengths and areas of improvement. This document addresses professional development and is completed in the Nutrition Capstone course (NUTR 5389).</p> <p>Indirect - Other</p> <p><i>Nutrition Capstone: NUTR 5389</i></p> <p><b>Target</b></p> <p>85% of MS in Nutrition-Sports Nutrition will select "Strongly Agree" to the statement, "The MS in Nutrition Program at Lamar University provided me with strong skills in developing an effective professional development plan including strategies to meet career goals" on the Self-Critique of Skills Learned in MS in Nutrition Program document.</p>	<p><b>NOT MET</b></p> <p>Self-Critique of Skills Learned in MS in Nutrition Program</p> <p>■ Met ■ Not Met</p>  <p>0% 100%</p> <p>Met: 58% Not Met: 42%</p> <p>Met Total: 58% Not Met Total: 42%</p> <p><b>Analysis</b></p> <p>Only 58% (14 of 24 students) selected "Strongly agree to the statement, "The MS in Nutrition Program at Lamar University provided me with strong skills in developing an effective professional development plan including strategies to meet career goals" on the Self-Critique of Skills Learned in MS in Nutrition Program document.</p>	<p><b>Revise Benchmark / Target</b></p> <p>Not Started</p> <p>85% of MS in Nutrition-Sports Nutrition will select either "Strongly Agree" or "Agree" to the statement, "The MS in Nutrition Program at Lamar University provided me with strong skills in developing an effective professional development plan including strategies to meet career goals" on the Self-Critique of Skills Learned in MS in Nutrition Program document.</p> <p>Recommended Due Date: 06/01/2026</p>

## Conclusion

**MS in Nutrition in Sports Nutrition - MS-AMNS**

The 2024-2025 was the first year to include the professional development plan as an assessment. Both assessment methods used showed that students did not meet the target for the professional development plan.