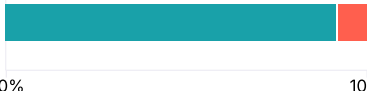


Academic Year 2025-2026

MS in Nutrition in Sports Nutrition - MS-AMNS Learning Outcomes

Written Communication **MET**

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
Written Proposal 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. Direct - Assignment <i>Nutrition Research: NUTR 5303</i> Target 65% 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.	MET Written Proposal ■ Met ■ Not Met  0% 100% Met: 92% Not Met: 8% Met Total: 92% Not Met Total: 8% Analysis 92% (33 of 36 students) score 80% or higher on the Written Proposal assignment using the grading rubric.	<i>No actions have been added.</i>
Self-Critique of Skills Learned in MS in Nutrition Program 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). Indirect - Other <i>Nutrition Capstone: NUTR 5389</i> Target 80% of MS in Nutrition-Sports Nutrition will select "Agree or 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.	MET Self-Critique of Skills Learned in MS in Nutrition Program ■ Met  0% 100% <i>Values are not shown when too close to each other. Click or use arrow keys to see details.</i> Met: 100% Met Total: 100% Not Met Total: Analysis 100% (37 of 37 students) selected "Agree or 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.	<i>No actions have been added.</i>

Conclusion

Both assessment methods used show that students did meet the target for written communication.

Professional Oral Communication **MET**

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

MEASURES	RESULTS	ACTIONS
Proposal Presentation 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. Direct - Presentation <i>Nutrition Capstone: NUTR 5389</i> Target 85% of MS in Nutrition Students-Sports Nutrition in NUTR 5389, Nutrition Capstone, will score at least 80% on the Proposal Presentation	MET Proposal Presentation ■ Met  0% 100% <i>Values are not shown when too close to each other. Click or use arrow keys to see details.</i> Met: 100% Met Total: 100% Not Met Total: Analysis 97% (36 of 37 students) scored 80% or higher on the Proposal Presentation using the grading rubric.	<i>No actions have been added.</i>
Self-Critique of Skills Learned in MS in Nutrition Program 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). Indirect - Other <i>Nutrition Capstone: NUTR 5389</i> Target 80% of MS in Nutrition-Sports Nutrition will select "Agree or 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.	MET Self-Critique of Skills Learned in MS in Nutrition Program ■ Met ■ Not Met  0% 100% Met: 92% Not Met: 8% Met Total: 92% Not Met Total: 8% Analysis 92% (34 of 37 students) selected "Agree or 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.	<i>No actions have been added.</i>

Conclusion

Both assessment methods used show that students did meet the target set for professional oral communication.

Professional Development **MET**

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
Professional Development Plan 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. Direct - Assignment <i>Nutrition Capstone: NUTR 5389</i> Target 90% of MS in Nutrition-Sports Nutrition students will score 85% or higher on the Professional Development Plan assignment.	MET Professional Development Plan ■ Met  0% 100% Values are not shown when too close to each other. Click or use arrow keys to see details. Met: 100% Met Total: 100% Not Met Total: Analysis 100% (37 of 37 students) scored 85% or higher on the Professional Development Plan assignment using the grading rubric.	<i>No actions have been added.</i>
Self-Critique of Skills Learned in MS in Nutrition Program 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). Indirect - Other <i>Nutrition Capstone: NUTR 5389</i> Target 80% of MS in Nutrition-Sports Nutrition will select "Agree or 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.	MET Self-Critique of Skills Learned in MS in Nutrition Program ■ Met ■ Not Met  0% 100% Met: 95% Not Met: 5% Met Total: 95% Not Met Total: 5% Analysis 95% (35 of 37 students) selected "Agree or 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.	<i>No actions have been added.</i>

Conclusion

Both assessment methods used show that students did meet the target set for professional development.