

## Health and Kinesiology

### Annual Program Report Template

Year: 2022	
Program: MS Kinesiology	Master of Kinesiology
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#### Summary of Continuous Improvement Efforts since Last Report

*Provide a brief description of how assessment results have been used for program improvement. Point to a specific example of how an assessment provided the program with data it could use for improvement and what that improvement was, if possible, also show evidence of the improvement. You may look at data from the two previous academic years to support this case.*

Respond here:

To better evaluate research skills, learning outcomes were updated and included assignments and questions in KINT 5340 Scientific Basis of Exercise (Advanced Exercise Physiology) and KINT 5365 Statistics in Kinesiology. Both of the new outcome look at the use, understanding and communication of current research in Kinesiology. The outcomes are new and we have only one measurement thus far, from those the students were have succeeded at the outcomes but it is apparent more oral presentation of materials is needed. This will also be addressed in updated learning objectives to include more assessment of oral presentations. Beyond the current status, the joint venter with Nutrion (Sport Nutrion Certification) is part of what the department is examining for the MS in Kinesiology. National Strength and Conditioning Association (NSCA) is most likely going to add the requirement of a master degree for CSCS certification. The EXSC faculty is examining the KSA (knowledge skills) to align the program content for possible NSCA accreditation for the MS degree.

#### Program Highlights Since Last Report

*Identify and briefly discuss any programmatic curriculum changes made since the last report (e.g. new courses, course changes, SLO changes, course deletions).*

Respond here:

The Departments of Health and Kinesiology and Nutrition, Hospitality and Human Services have begun a joint Sport Nutrion Certification in which the MS in Kinesiology has added a new course: KINT 5337 Sport Suppliments and Ergogenic Aids.

**Table 1. Assessment Results and Analyses for Current Cycle.**

STAGE 1: PLAN				STAGE 2: DO		STAGE 3: STUDY
Departmental Student Learning Goal	Program Student Learning Outcome	Assessment	Assessment Method/Location	Benchmark Expectations	Data Results	Actions/Goals Based on Data Results* What do the data tell you? How will you use this data? How were data from the last cycle used to make changes during this cycle, and What were the results of those changes?
Kinesiology graduate students enrolled in KINT 5360, Research Methods, will demonstrate competency in current issues for sport and physical training education and utilize correct writing skills in a WRITTEN RESEARCH PROPOSAL PAPER. KINT 5360 is a course that is designed to introduce the students to the basic skills required to propose and conduct a research project. The culminating project of the class is a proposal to conduct a research project within the field of kinesiology.	The student will submit a research proposal consisting of an introduction with a review of pertinent literature, proposed methods of conducting the research and references. The methodology associated with successful completion of a realistic research project is taught within the course. The research proposal can be regarded as an examination of the student's acquired knowledge of research methodology.	Evaluation of research proposal. This is the grade assigned to the research proposal.	The components of the grade include: (1) Understanding of problem to be researched, (2) Appropriateness of proposed methodology, (3) Literature cited in correct format (APA format standard, others may be accepted with the permission of the professor), (4) Quality of writing.	At least 75% of the students enrolled in the course will achieve a grade of 80% or better on their research proposal submission.	86% of the students enrolled in the course achieved >80% on their research proposal submission.	Students were successful in fulfilling the research proposal assignment.
Ability to critically evaluate research related to the discipline of	Ability to critically evaluate research related to the discipline of Kinesiology. The	Evaluation of submitted papers (score) At least 75% of	Rubric for paper evaluation:	At least 85% of the students eligible for graduation will	100% of the students in KINT 5365 Statistical Applications in	Students were able to successfully evaluate literature in Kinesiology.

<p>Kinesiology. Kinesiology graduate students shall demonstrate competency in the evaluation and presentation of research related to sport, exercise and wellness issues.</p>	<p>student shall write three summary papers evaluating research. The research evaluated will come from peer-reviewed journals with in the discipline of Kinesiology (e.g. sports performance, physiology of exercise, exercise and health issues, etc.).</p>	<p>the students enrolled in the MS in Kinesiology program will achieve an average grade of 80% or better on the three research evaluation papers submitted. Twenty points are possible within each evaluation, therefore the average grade should be greater than or equal to 16 points.</p>	<p>1. What is (are) the research question(s)? (3 pts) 2. What is the study design (methods)? Look at their methods, and describe the study design (i.e. subjects, group(s), training protocol, measurement(s)). (3pts) 3. How did the researchers address the question(s)? What did they do in the research design to answer the question(s) (Statistics) ? (4pts) 4. Description of findings (3pts) 5. What did the researchers conclude and why (discussion)? (2pts) 6. Students opinion (5 points) What did the student think of the study? Does the study have a practical application?</p>	<p>achieve a grade of 80% ("B") or better on their research paper.</p>	<p>Kinesiology made a grade of 85% or better on their article reviews and presentation during the 2021-22 academic year.</p>	
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<p>Graduate students will perform a formal oral presentation on a current research topic in the Kinesiology field. Students will be instructed in the physiological responses and adaptations to exercise. These responses are primarily musculoskeletal and cardiovascular in nature, but certainly involve other physiological adaptations. In addition, students will be taught which testing is appropriate to select and utilize for participation in activities performed by clinical, normal and athletic populations.</p>	<p>Exercise Physiology Competency Our students complete a research paper within an Independent Study course, typically during their final semester of study. The students present this paper at a seminar towards the end of the semester. Faculty members who teach in the MS in Kinesiology program attend and evaluate the presentations.</p>	<p>Kinesiology graduate students shall demonstrate knowledge and understanding of the basic physiological adjustments/adaptations to both acute and chronic exercise, and be able to identify the appropriate laboratory and field tests to evaluate human performance. The students will provide written answers to questions regarding the physiological adaptations to exercise. These questions will be graded on a 4 point standards-based scale. At least 75% of the students enrolled the MS in Kinesiology program will achieve a mean score of greater than or equal to 3.</p>	<p>The standards-based scale utilized is: 4- Complete mastery of content area question; 3- Meets expectations (minor deficiency noted); 2-Partial mastery (more than one minor deficiency or a major deficiency); 1- Little to no mastery (major deficiencies or lack of understanding noted).</p> <p>The questions are as follows:</p> <p>1) Compare and contrast the type of basic training program that you would design for an athlete that performs primarily anaerobic tasks and one that performs primarily aerobic activities. Which tests would you use to document</p>	<p>At least 85% of the students eligible for graduation will achieve a grade of 80% ("B") or better on their oral presentation.</p>	<p>All of the students achieved at least a "B" on their presentations, most students received an "A."</p>	<p>Students have demonstrated a mastery of content knowledge in an advanced physiology course.</p>
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			<p>progress?</p> <p>2) What is the Fick equation for oxygen? Which of the components of the equation are most closely related to central cardiovascular adaptations to cardiovascular training and which are associated with peripheral musculoskeletal training? How does stroke volume contribute to the equation?</p> <p>3) Which type of sporting events are adversely influenced by a decreased barometric pressure (e.g. going from 760 mmHg to 600 mmHg)? Why? Are there any track and field events that may be positively influenced by this type of barometric change?</p>			



**Table 2. Continuous Improvement Results Since Last Report**

<b>Stage 4: ACT</b>		
<b>Actions/Goals Based on Data Results</b> <i>*Copy last cycle's actions/goals and report on progress toward continuous improvement on those here.</i>	<b>Status</b> <i>C=Complete P=Progressing N=No Action Taken</i>	<b>Discussion of Status</b> <i>If C, describe efforts that led to accomplishment of actions/goals. If P, provide update on progress made toward accomplishing actions/goals and what tasks remain If N, discuss why action toward accomplishing actions/goals has been delayed and what work will be initiated toward accomplishment.</i>
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Ability to critically evaluate research related to the discipline of Kinesiology. Kinesiology graduate students shall demonstrate competency in the evaluation and presentation of research related to sport, exercise and wellness issues.	N	In the future we might update learning objectives to include more assessment of oral presentations.
Graduate students will perform a formal oral presentation on a current research topic in the Kinesiology field. Students will be instructed in the physiological responses and adaptations to exercise. These responses are primarily musculoskeletal and cardiovascular in nature, but certainly involve other physiological adaptations. In addition, students will be taught which testing is appropriate to select and utilize for participation in activities performed by clinical, normal and athletic populations.	N	In the future increase the application of principles in the discussion.