

## Health and Kinesiology

### Annual Program Report Template

<b>Year: 2022-2023</b>	2022-2023
<b>Program: Exercise Science</b>	Exercise Science (EXSC)
<b>Contact Person (include email &amp; phone#)</b>	Daniel Chilek, <a href="mailto:drchilek@lamar.edu">drchilek@lamar.edu</a> , 409 880 8740

#### 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:

The course sequencing (moving KINTs 3318 research methods and 3324 metabolic effects) prior to KINT 3330 Exercise Physiology has begun but there is not yet enough information to assess the effectiveness of this strategy in improving KINT 3330 pass rates and content comprehension. In this academic year (2022-23) it has become apparent that EXSC students are struggling with understanding fitness assessments. Students have demonstrated a clear misunderstanding of what the various test are utilized for and when it is appropriate to use them. This was discovered in courses (KINTs 3380, 4318 & 4350) where scenario-based exercise programming and assessment questions were posed. An action plan will need to be developed to create assignments to correlate fitness outcomes with proper testing.

#### 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:

In our last report there were several revisions made to the EXSC program, at this time those are being implemented. Before more changes are considered, the effect of the new revisions needs to be assessed. Considering the poor comprehension of fitness assessment, new or modified SLO may occur in the future.

**Do not fill out TABLE 1 or 2. The information you entered in Smartsheet will be copied by someone on our team.**

**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?
Content Knowledge in Exercise Science, At the conclusion of the degree program, students in Exercise Science and Fitness Management will be able to demonstrate comprehension of the major content areas, as designated by ACSM (American College of Sport Medicine), for Exercise Science and Fitness Management degree programs. Rationale: In order to meet professional standards, in exercise science, students must possess and demonstrate professional competencies by	Students majoring in Exercise Science and Fitness Management will demonstrate an understanding of and ability to apply principles of wellness, biomechanics, exercise physiology, exercise assessment and prescription. Rationale: The content areas listed in the objective 1 are 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. Students majoring in Exercise Science and Fitness Management will demonstrate an understanding of and	utce A content exam to be administered in KINT 4350 (exit) will be used to assess the students' content knowledge in ACSM content areas. 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	Content Exam	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.	2022-23 pass rates on the exam for Exercise Science majors for the Fitness/Biomechanics section was 78%, for the Exercise Physiology section, 30% and a 50% pass rate on Testing and Procedure section. Overall 36% of majors made a 70% or greater.	The re-sequencing KINT 3324 Metabolic Effects and KINT 3318 Research Methods prior to KINT 3330 Exercise Physiology and KINT 3315 will hopefully lead to better understanding and pass rates in these courses. The return to in-person courses with laboratories should assist in bringing the success rates back to pre COVID levels.

passing ACSM certification exams in order to be successful in the work force.	ability to apply principles of wellness, biomechanics, exercise physiology, exercise assessment and prescription. Rationale: The content areas listed in Outcome 1 are ACSM (American College of Sports Medicine) content areas for degree programs in Exercise Science. An exit exam will be used to examine strengths and weaknesses of Exercise Science and Fitness Management in the various content areas as well as overall content knowledge.	necessary to achieve certification and thus is a rigorous standard for exercise science students.				
Student Growth and Development. 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 the exit exam allows program administrators to see the potential progress achieved	Exercise Science and Fitness Management students will demonstrate their knowledge of the content associated with Exercise Science. Rationale: The test utilized will provide information on entry level knowledge of Exercise Science majors and content knowledge changes (exit exam) as the result of the Exercise Science curriculum to examine program effectiveness. Baseline (entry level) knowledge in exercise science content will be gathered in KINT 2378 "Fitness Concepts".	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. Source of Evidence: Faculty pre-test / post-test of knowledge mastery. Rationale: The entry exam gives exercise science faculty insight into the knowledge base	Entry and Exit content exams	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.	The percent change from entry level averages (54%) to exit scores for 2022-23 (66.43%) was 12.43%, which is was lower than the two previous cycles.	The curriculum changes mentioned in learning outcome one will increase the % change in entry and exit assessment to at least the previous levels if not greater. In order to see continued improvement, the entry/exit differences will be monitored as program changes take place.

by students as they exit the program.	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.	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. A content knowledge exam will be given in KINT 2378 (Entry) and in KINT 4350 (Exit).				
Professional Application. Students in KINT 4630 (preceptorship) will construct a portfolio demonstrating the utilization of Exercise Science content in a field-based setting. Rationale: The internship 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.	Students Majoring in Exercise Science and Fitness Management will demonstrate the ability to apply content knowledge in a field base setting. Rationale: The internship 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 exam the application of knowledge and communication skills of the student.	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. Rationale: A standard of 70% was chosen by the faculty as a rigorous	Preceptorship Portfolio	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. The program criterion for this objective is a success rate of at least 70% of students.	Over 90% of students in KINT 4630 made a grade of 70% or greater on their portfolio.	Improving on this outcome: Because of the importance of soft skills for EXSC students professional success, additional assignments will be included in preceptorship to assess their communication skills. In order to further the personal development of EXSC majors more reflective assignments allowing students to assess their professional growth will also be added.

		standard for the portfolio.				

**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>
Content Knowledge in Exercise Science, At the conclusion of the degree program, students in Exercise Science and Fitness Management will be able to demonstrate comprehension of the major content areas, as designated by ACSM (American College of Sport Medicine), for Exercise Science and Fitness Management degree programs. Rationale: In order to meet professional standards, in exercise science, students must possess and demonstrate professional competencies by passing ACSM certification exams in order to be successful in the work force.	P	Data from changes are just beginning to come in because of two year course rotations. Students in the academic year 2023-24 will be the first to take the entire new course rotation of KINT 3318, 3324 then 3330.
Student Growth and Development. 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 the exit exam allows program administrators to see the potential progress achieved by students as they exit the program.	P	Continued monitoring of the outcome (exit performance) will indicate if program changes are successful or if addition program revisions will be necessary in the future.
Professional Application. Students in KINT 4630 (preceptorship) will construct a portfolio demonstrating the utilization of Exercise Science content in a field-based setting. Rationale: The internship 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.	P	In order to assist EXSC students professional development, assignments and modifications to the internship experience need to be created.

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