

Insert Academic Degree Name Here

Annual Program Report Template

Year:	2022-2023
Program:	MS in Nutrition
Contact Person (include email & phone#)	Amy Shows arshows@lamar.edu 7962

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 data demonstrate students continue to struggle with writing professionally and technically. Improving scores in this area so students move closer to the achievement target is needed since written communication skills are important for our graduates to succeed professionally in the field of Nutrition and Dietetics. The template developed in the 2021-22 cycle for students to use in writing the research proposal will continue to be a valuable course tool since it resulted in an improved score for the "format" section of the grading rubric. In the 2022-23 cycle, using instructional webinars and videos, focus was placed on assisting students in interpreting and evaluating current literature as they work on the literature review portion of the assignment because this is an area of challenge. This will continue to occur. In addition, in the 2023-24 cycle, a discussion assignment will be developed and incorporated where students submit a detailed outline of the literature review; instructor feedback will be provided prior to students writing the literature review. Also, the course will be offered twice a year (rather than only once) allowing for two data collection points (from the Summer and Spring sessions).

The data also demonstrate students can apply a wide variety of evidence-based resources into a professional presentation. The achievement target was met in both the 2021-22 and 2022-23 cycles. In addition, there was improvement from 2021-22 (84% met the target) to 2022-23 (89% met the target). Because oral communication skills are important for our graduates to succeed professionally in the field of Nutrition and Dietetics, a new, but similar target will be measured in the 2023-24 cycle. This target will occur in the Nutrition Capstone course with and will be set with a more rigorous achievement expectation. Finally, the data from the 2022-23 cycle demonstrate students can develop a professional portfolio showcasing skills and work developed during the MS in Nutrition program reflecting marketable skills in the field of Nutrition and Dietetics. While data from the 2021-22 cycle revealed improvement in this area, it was only in the 2022-23 cycle that the target was met. The same target will be kept for the 2023-24 cycle because 2022-23 was the first year the target was met.

Program goals of the MS in Nutrition provide students opportunities to:

1. Interpret and evaluate current nutrition literature.
2. Increase cultural competence to integrate healthy food choices into diverse food patterns.
3. Evaluate and present appropriate nutrition guidelines to individuals with unique nutrition needs.
4. Develop marketable and lifelong learning skills.

Data support students continue to struggle with professional/technical writing. Data also suggest students can apply a wide variety of evidence-based resources into a professional presentation. Finally, the data demonstrate students are improving in the skill of developing a professional portfolio.

Program progress has been made through 1) the implementation of additional instruction regarding writing literature reviews in the Nutrition Research course webinars; and 2) the introduction of more online platforms for students to choose from in developing the professional portfolio. The 2023-2024 year allows for

additional data sets for monitoring and assessments in the Nutrition Research regarding technical writing; in the Nutrition Capstone course regarding skills in developing a professional portfolio; and begins a new set of monitoring and assessment in the Nutrition Capstone course (rather than the Food, Culture & Health course) regarding professional presentation skills.

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:

No courses have been deleted since the last report.

However, our MS in Nutrition program now has two concentrations: Applied Nutrition and Sports Nutrition. Two of the previous SLO and targets (SLO/Target 1 [regarding professional writing]; and SLO/Target 3 [regarding skills in developing a professional portfolio] are required by students in both concentrations and will remain as targets for monitoring and assessments.

Commented [JAR1]: Good evidence of curricular change

SLO/Target 2 (regarding professional communication skills) was previously measured in NUTR 5350-Food, Culture & Health. This course is no longer required by students in both concentrations. However, nutrition faculty members agree the assessment is needed in our field. Therefore, a similar, but new SLO/Target 2 will be measured in the 2023-24 cycle – this will occur in the NUTR 5389-Nutrition Capstone, which is required by students in both concentrations:

Commented [JAR2]: New assessment for SLO to reflect new curriculum

- (New) Program Student Learning Outcome 2: Professional Presentation - Graduate students in NUTR 5389, Nutrition Capstone, will provide a professional audio presentation using appropriate evidence-based nutrition guidelines. Rationale: This objective is measured to meet the program goal of evaluating and presenting appropriate nutrition guidelines to individuals with unique nutrition needs.
- Assessment Measure - Professional Presentation Nutrition graduate students in NUTR 5389, Nutrition Capstone, will present a professional presentation using evidence-based practice. The audio presentation will be delivered to an audience of peers and faculty. Rationale: Program faculty believe oral communication skills are important for our graduates to succeed professionally in the field of Nutrition and Dietetics. A rubric will be used for measuring professional presentation skills in NUTR 5389, Nutrition Capstone.
- Assessment Method/Location (Methodology): Data for this outcome will be collected following completion of each semester. The course is offered three semesters per academic year. An assignment rubric will be utilized to collect the data on the professional portfolio. The Program Coordinator will review rubrics to determine if minimum standards are maintained as part of ongoing program improvement processes.
- Achievement Targets: 90% of nutrition majors in NUTR 5389 will score at least 85% on the Professional Audio Presentation assignment. Rationale: Program faculty believe 90% of graduate students scoring at least 85% on the professional presentation is a rigorous target.

Three new courses were added in the Sports Nutrition concentration:

- KINT 5337 – Sport Supplements & Ergogenic Aids
- KINT 5340 – Scientific Basis of Exercise
- KINT 5344 – Strength & Conditioning

Commented [JAR3]: Course additions.

Finally, beginning with the 2023-24 cycle, data from SLO 1 will be collected twice (once in the summer and once in the spring) since the Nutrition Research course (NUTR 5303) is now offered twice a year.

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?
Program goals of the MS in Nutrition provide students opportunities to: 1. Interpret and evaluate current nutrition literature. 2. Increase cultural competence to integrate healthy food choices into diverse food patterns. 3. Evaluate and present appropriate nutrition guidelines to individuals with unique nutritional needs. 4. Develop marketable and lifelong learning skills.	Outcome 1: Research Process Graduate students in NUTR 5303, Nutrition Research, will develop a professional paper using evidence-based practice. Rationale: This objective is measured to meet the program goal that program graduates will be able to interpret and evaluate nutrition research literature. A rubric will be completed by the course instructor to measure research writing skills.	Research Process Nutrition graduate students in NUTR 5303, Nutrition Research, will demonstrate appropriate writing skills in a writing intensive course. Data for this outcome will be collected following completion of the Spring semester. A rubric will be used for measuring research writing skills (Rubric for Professional Paper). Rationale: Program faculty believe written communication skills are an important skill for our graduates to succeed professionally in the field of	Data for this outcome will be collected following completion of the Spring semester. A rubric will be used for measuring research writing skills (Rubric for Professional Paper). Rationale: Program faculty believe written communication skills are an important skill for our graduates to succeed professionally in the field of	75% of graduate students in NUTR 5303, Nutrition Research, will score at least 80% on the Professional Paper assignment. Rationale: Program faculty believe 75% of graduate students scoring at least 80% on the written assignment is a rigorous target.	A total of 90 students completed the assignment. Only 38 of 90 students scored 80% or higher on the Research Proposal assignment. Thus, only 42% of the students scored at least 80% on the Research Proposal. The target was not met.	Some parts of the professional paper improved (i.e. the overall format and use of APA). However, data demonstrate students continue to struggle with writing professionally and following correct writing style. Improving the scores so students move closer to the achievement target is needed since written communication skills are important for our graduates to succeed professionally in the field of Nutrition and Dietetics. One big challenge of the assignment seems to be the literature review section. While an instructional webinar and videos addressed synthesizing literature rather than simply summarizing findings, students still struggle with understanding how to put together an effective literature review.

		will be used for measuring research writing skills in NUTR 5303, Nutrition Research.	Nutrition and Dietetics.			
	Outcome 2: Professional Presentation Graduate students in NUTR 5350, Food, Culture & Health, will provide a professional audio presentation using appropriate evidence-based nutrition guidelines. Rationale: This objective is measured to meet the program goal of evaluating and presenting appropriate nutrition guidelines to individuals with unique nutrition needs. A rubric will be completed by the course instructor to measure professional presentation skills.	Professional Presentation Nutrition graduate students in NUTR 5350, Food, Culture & Health, will present a professional presentation using evidence-based practice. The audio presentation will be delivered to an audience of peers and faculty. Rationale: Program faculty believe oral communication skills are important for our graduates to succeed professionally in the field of Nutrition and Dietetics. A rubric will be used for measuring professional presentation skills in NUTR 5350, Food,	Data for this outcome will be collected following the completion of the Summer semester. A rubric will be utilized to collect all data and will be completed by the faculty member. The Program Coordinator will review rubrics to determine if minimum standards are maintained as part of ongoing program improvement processes.	75% of nutrition majors in NUTR 5350 will score at least 80% on the Professional Audio Presentation assignment. Rationale: Program faculty believe 75% of graduate students scoring at least 80% on the professional presentation is a rigorous target.	A total of 47 students completed the assignment. Of these, 42 scored 80% or higher on the Professional Presentation assignment. Thus, 89% of the students scored at least 80% on the Professional Presentation assignment. The target was met.	Data demonstrates students can apply a wide variety of evidence-based resources into a professional presentation. This is the second year the target was met and there was an improvement with 89% of students meeting the goal in the 2022-23 cycle compared to 84% in the 2021-22 cycle.

		Culture & Health.				
	<p>Outcome 3: Culminating Experience Graduate students in NUTR 5389, Nutrition Capstone, will develop a Professional Portfolio. Rationale: This objective is measured as one assignment designed to meet the program goal of developing marketable and lifelong learning skills.</p>	<p>Culminating Experience Graduate students in NUTR 5389, Nutrition Capstone, will demonstrate appropriate marketable and lifelong learning skills in the development of a professional portfolio. Data for this outcome will be collected following completion of the each semester. A rubric will be will used for measuring professional portfolio skills in NUTR 5389, Nutrition Capstone.</p>	<p>Data for this outcome will be collected following completion of each semester. The course is offered three semesters per academic year. An assignment rubric will be utilized to collect the data on the professional portfolio. The Program Coordinator will review rubrics to determine if minimum standards are maintained as part of ongoing program improvement processes. Rationale: Program faculty believe the development of a professional portfolio in a culminating experience is an important skill for our graduates to succeed professionally in the field of Nutrition and Dietetics.</p>	<p>85% of students in NUTR 5389, Nutrition Capstone, will score at least 80% on the Professional Portfolio assignment. Rationale: Program faculty believe 85% of students scoring at least 80% on the letter rubric is a rigorous standard for our students.</p>	<p>A total of 72 students completed the assignment; 67 of 72 students scored 80% or higher on the Professional Portfolio assignment. Thus, 93% of the students scored at least 80% on the Professional Portfolio assignment. The target was met.</p>	<p>The 2022-23 data demonstrate students can develop a professional portfolio showcasing skills and work developed during the MS in Nutrition program reflecting marketable skills in the field of Nutrition and Dietetics. Data from the 2021-22 revealed students improved but fell shy of the target, in the skill of developing a professional portfolio. Because the development of a professional portfolio in a culminating experience is needed for graduates to succeed professionally in the field of Nutrition and Dietetics, data from the 2021-22 cycle showed the necessity of making adjustments to the assignment instructions in hopes the target would be met in this cycle, which was the case.</p>

	<p>(New) Outcome 2: Professional Presentation Graduate students in NUTR 5389, Nutrition Capstone, will provide a professional audio presentation using appropriate evidence-based nutrition guidelines. Rationale: This objective is measured to meet the program goal of evaluating and presenting appropriate nutrition guidelines to individuals with unique nutrition needs.</p>	<p>Professional Presentation Nutrition graduate students in NUTR 5389, Nutrition Capstone, will present a professional presentation using evidence-based practice. The audio presentation will be delivered to an audience of peers and faculty.</p> <p>Rationale: Program faculty believe oral communication skills are important for our graduates to succeed professionally in the field of Nutrition and Dietetics. A rubric will be used for measuring professional presentation skills in NUTR 5389, Nutrition Capstone.</p>	<p>Data for this outcome will be collected following completion of each semester. The course is offered three semesters per academic year. An assignment rubric will be utilized to collect the data on the professional portfolio. The Program Coordinator will review rubrics to determine if minimum standards are maintained as part of ongoing program improvement processes.</p>	<p>90% of nutrition majors in NUTR 5389 will score at least 85% on the Professional Audio Presentation assignment. Rationale: Program faculty believe 90% of graduate students scoring at least 85% on the professional presentation is a rigorous target.</p>	<p>This target will be measured for the first time in the 2023-24 cycle.</p>	

Table 2. Continuous Improvement Results Since Last Report

Stage 4: ACT		
Actions/Goals Based on Data Results <i>*Copy last cycle's actions/goals and report on progress toward continuous improvement on those here.</i>	Status <i>C=Complete P=Progressing N=No Action Taken</i>	Discussion of Status <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>
Again, while some progress was made in the overall paper format and use of APA, students need to develop skills in writing a literature review. In the 2023-24 cycle, a discussion assignment will be developed and incorporated where students submit a detailed outline of the literature review; instructor feedback will be provided prior to students writing the literature review. Also, the course will be offered twice a year (rather than only once) so there will now be two collection points (from the Summer and Spring sessions).	P	Progress was made in paper format and APA writing style; a major task remaining to be accomplished is improvement in writing the literature review portion of the assignment. Thus, the target will be kept for the 2023-24 cycle.
Again, study of the action/goals show, based on data collected in the 2022-23 cycle, as well as the 2021-22 cycle, this target was met. The data are consistent, showing continuous improvement for this target.	C	The expectations of the presentations were thoroughly addressed in Instructional Webinars and in the written instructions accompanying the presentation assignment. Although the target was met, oral communication skills remain important for our graduates to succeed professionally in the field of Nutrition and Dietetics. While this target will not be retained, a new target regarding presentation skills will be set for the 2023-24 cycle that will occur in the Nutrition Capstone course. This will allow students to continue to develop presentation skills but in regard to a proposal presentation rather than the presentation regarding Food, Culture and Health.
Again, study of the actions/goals show, based on data collected in the 2022-23 cycle, this target was met. While students neared the achievement target in 2021-22, they fell short of the target. Thus, the current cycle (2022-23) is the first time the target has been met.	P	Students made progress in skills required to develop a professional portfolio. In the 2022-23 cycle, graduate students were provided more online platforms to choose from in developing the portfolio which seemed to help them find a portfolio format that best met their learning style for designing the portfolio. Because the 2022-23 year marked the

		first time this target was met, the target will be kept for the 2023-24 cycle.

