

End of Year Assessment Report for Programs

Program: Exercise Science

Semester/year: 2019-2020

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Program Mission Statement

The Exercise Science program strives to prepare students for physical activity, exercise, health and sport related professions through the obtainment of knowledge, skills and abilities related to health and wellness.

Program Objectives

At the close of the degree students should be able to:

1. Integrate Christian thought into the field of Exercise Science.
2. Understand the physiological basis for diet, exercise and physical activity.
3. Test, assess, design, implement and administer exercise programs.
4. Recognize critical issues in the field of Exercise Science, including but not limited to gender, physical adaptations and cultural differences.
5. Apply theory and knowledge through experiential learning in the field of Exercise Science.

Assessment Methods and Benchmarks – SPRING SEMESTER

For each program objective, choose one “best representative” assignment at the Introductory, Developmental, and Mastery levels. You will have a total of three assignments/measurements per program objective. Put this information in a chart. Refer back to your Program Learning Objective Alignment Chart to determine best representative assignments and benchmarks. In any given semester, you may not have assignments at all three levels for every program objective; simply report all that you can.

Program Objective	Introducing	Developing	Mastering
PO1. Integration of Faith	Changed due to COVID	Not taught this semester	PHED 410 Sport and Kin Seminar
	Benchmark: >=70%	Benchmark: >=70%	Benchmark: >=70%
	Evidence: N/A	Evidence: N/A	Evidence: 94% completion
PO2. Physiology basis for diet, exercise and physical activity	EXSC 101 Intro to Exercise Science	EXSC 250 Exercise Prescription	Not taught this semester
	Benchmark: >=70%	Benchmark: >=70%	Benchmark: >=70%
	Evidence: 53% completion	Evidence: 84.2% completion	Evidence: N/A
PO3. Test, Assess and Administer Exercise Programs	PHED 356 Adapted PE	EXSC 250 Exercise Prescription	KIN 416 and KIN 426 Edwardsville
	Benchmark: >=70%	Benchmark: >=70%	Benchmark: >=70%
	Evidence: 92.3% Completion	Evidence: 94.7% completion	Evidence: N/A
PO4. Critical Issues in Exercise Science	EXSC 101 Intro to Exercise Science	PHED 356 Adapted PE	PHED 410 Sport and Kin Seminar
	Benchmark: >=70%	Benchmark: >=70%	Benchmark: >=70%
	Evidence: 75% completion	Evidence: 100% completion	Evidence: 78% completion

PO5. Experiential Learning	EXSC 101 Intro to Exercise Science	PHED 356 Adapted PE	EXSC 405 Internship
	Benchmark: >=70%	Benchmark: >=70%	Benchmark: >=70%
	Evidence: 84% completion	Evidence: 86% completion	Evidence: 100% completion

Analysis of Assessment Findings – SPRING SEMESTER

This analysis is a little harder to pinpoint. The spring changed so dramatically, and I believe our faculty adjusted in appropriate ways to assure quality education on-line. Our focus last year was our Introductory classes. Form the date gathered from the fall, it appears we took some very good steps in aligning our EXSC 101 course with SMGT 101. Similar concepts used but adapted for the subject matter. We were not able to do as complete assessment this spring as assignments had to be adjusted, changed and some even eliminated do to the change to online learning. The focus this spring was on EXSC 250 and PHED 356. Our date suggests students passed a or above the bench mark at high levels. EXSC 250 was to be the focus as it relates to its position as an introductory/development class for one of the SIUE classes. With the changes due to COVID we are still in need of making further changes. I have the SIUE syllabus for the mastery level class and will use it to make sure our students are prepared for the class at SIUE. The same type of process will take place for PHED 301 which is a prerequisite for the other SIUE class.

Sharing and Discussion of Assessment Findings – SPRING SEMESTER

Due to social distancing, probably less sharing about this information as we would have liked. We did a good job last spring and probably need to meet early this Fall to make more assessments and to set out a plan for next year. Much of our discussion had to do with making changes for on-line and talking about how we might prepare for face to face classes while still having a back-up plan for going on-line.

Use of Assessment Findings for Program Improvement (Action Plan) – SPRING SEMSTER

Again, this was mostly done with EXSC 250. I think some good changes are in place for the next time we meet face-to-face (Spring 2022). We are moving in a direction of making this class much more experiential so as to prepare our students for the actual work of personal training. We also will encourage our students to take the certification test for the ACSM Personal Training Certification after taking this class. Am thinking about a potential course fee for the test and then having all our students take the certification test.

Full Year Reflection – FALL/INTERTERM/SPRING TERMS

We are embarking on a 3-year plan of assessment as we look at Introduction, Development and Mastery. We have focused on our introductory course and feel like we have made good progress in this area. This next year we will take a look at more of our developmental course including EXSC 311 and PHED 301.