

Department of Health, Human Performance and Recreation
Bachelor of Science / Exercise Science

Academic Assessment Plan

Student Learning Outcomes B.S.

Program Goals

1. To provide advanced experience for the students in exercise science that improves skills related to exercise and for entry-level allied health professions health professions.
2. Prepare students to serve as exercise specialists.
3. Prepare students for professional schools in health and exercise professions provide service to professional disciplines and society, aimed to serve Arkansas and beyond.

Student Learning Outcomes

Students' learning outcomes will be primarily based on the following courses: EXSC 3153 Exercise Physiology, EXSC 3353 Mechanics of Human Movement, EXSC 3533 Laboratory Techniques, and EXSC 4323 Exercise Prescription.

1. Students will be able to describe the physiological and biomechanical basis of human movements.
2. Students will be able to describe the effect of physical activity on energy balance.
3. Students will be able to describe the purpose of exercise testing, determine an appropriate submaximal or maximal protocol, and perform an assessment of cardiovascular fitness on the cycle ergometer or the treadmill.
4. Students will be able to have the knowledge of fundamental biomechanical and physiological principles related to both health and exercise performance.
5. Students will be able to identify the knowledge of fundamental biomechanical principles that underlie performance of the following activities: walking, jogging, running, swimming, cycling, weightlifting, carrying, or moving objects.
6. The student will be able to identify the parameters of the elements of exercise prescription according to the F.I.T.T.-VP principle.
7. The student will be able to design a client-centered, individual prescription for health-related fitness goals.

Process for Assessing each Student Learning Outcome

The assessment will be utilized based on the following criteria:

Direct Assessment:

Mean GPA score in EXSC 3153 Exercise Physiology

Mean GPA score in EXSC 3353 Mechanics of Human Movement

Mean GPA score in EXSC 3533 Laboratory Techniques

Mean GPA score in EXSC 4323 Exercise Prescription

Indirect Assessment:

Mean GPA score on Internship or independent study.

Mean GPA score on the question “Overall performance during internship” as reported by the internship supervisor.

Final Score:

The final score will be the average of the direct and the indirect assessment.

Program Assessment

Results of analysis of assessment of Student Learning Outcomes. Assessment reports can be found at <https://osai.uark.edu/assessment/hhpr.php>

Bachelor of Science degree

Direct Assessment:

Mean GPA score in EXSC 3153 Exercise Physiology

Fall 22 - 2.5

Mean GPA score in EXSC 3353 Mechanics of Human Movement

Fall 22 - 2.9

Mean GPA score in EXSC 3533 Laboratory Techniques

Fall 22 – 3.8

Mean GPA score in EXSC 4323 Exercise Prescription

Fall – 3.6

Indirect Assessment:

Mean GPA score on Internship or independent study.

3.9

Mean score on the question “Overall performance during internship” as reported by the internship supervisor.

3.7

Final Score:

The final score will be the average of the direct and the indirect assessment.