

**Department of Health, Human Performance and Recreation  
Master of Science / Exercise Science**

**Academic Assessment Plan**

**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 or sports science consultants.
3. Prepare students interested in research for doctoral work in health or exercise science, aimed to serve Arkansas and beyond.

**Student Learning Outcomes**

1. Students will be able to integrate and problem-solve using management techniques across a variety of different situations in health, fitness, and disease.
2. Students will be able to design a research project related to exercise science.
3. Students will be able to demonstrate their knowledge of the current literature by writing and presenting in EXSC 5513 (Exercise Physiology) and EXSC 5323 (Biomechanics).

**Process for Assessing each Student Learning Outcome**

**1. Timeline for Assessment & Analysis**

Yearly

**2. Means of Assessment & Desired Level of Student Achievement**

***Direct Assessment:***

Percentage of students who pass their thesis defense or comprehensive exams

Mean score in EXSC 5513 Exercise Physiology I

Mean score in EXSC 5323 Biomechanics I

Mean score in EXSC 5593 Advanced Exercise Testing and Prescription

***Indirect Assessment:***

Percentage of students who pass their thesis defense or comprehensive exams.

***Final Score:***

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

**3. Report of results**

See Annual Academic Assessment Report below.

**Annual Academic Assessment Report 2023-2024**

**Results of analysis of assessment of Student Learning Outcomes following timeline stated above**

***Direct Assessment:***

Mean score in EXSC 5513 Exercise Physiology I = Fall 3.25

Mean score in EXSC 5323 Biomechanics I = Spring 4.00

Mean score in EXSC 5593 Advanced Exercise Testing and Prescription = Fall 3.56

***Indirect Assessment:***

Percentage of students who pass their thesis defense or comprehensive exams = 100%

**Any changes to degree/certificate planned or made on the basis of the assessment and analysis**

None at this time

**Any changes to the assessment process made or planned**

None at this time