

Academic Assessment Plan

Bachelor of Science/Exercise Science

May 2025

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 31503 Exercise Physiology, EXSC 33503 Mechanics of Human Movement, EXSC 35303 Laboratory Techniques, and EXSC 43203 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

1. Timeline for assessment and analysis

Yearly (data collected for each course at the end of the academic year)

2. Means of assessment and desired level of student achievement

Direct Assessment

Mean score on Final Project for Exercise Prescription (0-4)

Percentage of students mastering exercise prescription on Final Project in Exercise Prescription (score 2, 3, or 4)

Mean score on Final Project for Laboratory Techniques (0-4)

Percentage of students mastering exercise assessment on Final Project in Laboratory Techniques (score 2, 3, or 4)

Indirect Assessment

Mean GPA score in EXSC 31503 Exercise Physiology

Mean GPA score in EXSC 33503 Mechanics of Human Movement

Mean GPA score in EXSC 35303 Laboratory Techniques

Mean GPA score in EXSC 43203 Exercise Prescription

Mean GPA score on Internship or independent study.

Mean GPA score on the question “Overall performance during internship” as reported by the internship supervisor. (1 = Excellent, 5 = Unsatisfactory)

3. Reporting of results

See Annual Academic Assessment Report below.

Annual Academic Assessment Report

Bachelor of Science / Exercise Science

2024-2025

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

Direct Assessment:

Mean score on Final Project for Exercise Prescription (0-4): Fall 2024 = 3.53; Spring 2025 = 3.27

Percentage of students mastering exercise prescription on Final Project in Exercise Prescription (score 2, 3, or 4): Fall 2024 = 99%; Spring 2025 = 97%

Mean score on Final Project for Laboratory Techniques (0-4): Fall 2024 = 4.0; Spring 2025=3.85

Percentage of students mastering exercise assessment on Final Project in Laboratory Techniques (score 2, 3, or 4): Fall 2024 = 100%; Spring 2025 = 100%

Indirect Assessment

Mean GPA score in EXSC 31503 Exercise Physiology: Fall 2024 = 3.51; Spring 2025 = 3.44

Mean GPA score in EXSC 33503 Mechanics of Human Movement: Fall 2024 =3.20; Spring 2025 = 3.19

Mean GPA score in EXSC 35303 Laboratory Techniques: Fall 2024 = 3.92; Spring 2025 = 3.77

Mean GPA score in EXSC 43203 Exercise Prescription: Fall 2024 = 3.51; Spring 2025 = 3.49

Mean GPA score on Internship or independent study: Fall 2024 = 3.51; Spring 2025 = 3.93

Mean GPA score on the question “Overall performance during internship” as reported by the internship supervisor: Fall 2024 = 1.38; Spring 2025 = 1.21

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

Added the assessment of students mastering exercise testing and interpretation using a final project grade in EXSC 35303 Laboratory Techniques. Added the assessment of students mastering exercise prescription using a final project grade in EXSC 43203 Exercise Prescription.