B.S. in Kinesiology, Exercise Science concentration, 2018-2019

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 specialist.
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

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 in energy balance
3. Students will be able to describe the purpose of and 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, weight lifting, carrying or moving objects.

Process for Assessing each Student Learning Outcome

1. **Timeline for Assessment & Analysis**
   Yearly

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

   Student learning outcomes will be primarily based on the following courses: EXSC 3153 Exercise Physiology, EXSC 3353 Mechanics of Human Movement, EXSC 3533 Laboratory Techniques. They will have to earn a "C" grade or higher. If such grade is not achieved, the student will have to repeat the course until a grade of "C" is earned.

   Direct Assessment:
   Percentage of students who score 80% on Exercise Physiology
   Percentage of students who score 80% on Mechanics of Human Movement
   Percentage of students who score 80% or more on Laboratory Techniques
   Percentage of students who score 80% or more on Exercise Prescription
   Indirect Assessment:
   Percentage of students who score 80% or more on Internship or independent study
   Percentage of students who score 80% or more 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. The score of the assessment will be submitted by the end of May of the spring semester.

3. **Report of results**

   See Annual Academic Assessment Report below

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

Mean GPA score in EXSC 3153 Exercise Physiology = Fall 2.54 Sp 2.76
Mean GPA score in EXSC 3353 Mechanics of Human Movement = Fall 3.02, Sp 3.29
Mean GPA score in EXSC 3533 Laboratory Techniques = Fall 3.63 Sp 3.82
Mean GPA score in EXSC 4323 Exercise Prescription = Fall 3.7, Sp 3.61

Indirect Assessment:
Mean GPA score on Internship or independent study = Fall 3.9, Sp 3.8
Mean score on the question "Overall performance during internship" as reported by the internship supervisor (0-4) = Fall 3.58, Sp 3.66

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

The department has recently become a member of the American Kinesiology Association.

Any changes to the assessment process made or planned

none