

B.S. in Kinesiology 2017-2018

Exercise Science Concentration

Program Goals (3-4)

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.

Timeline for Assessment & Analysis

Yearly

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.

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

Mean GPA score in EXSC 3153 Exercise Physiology = 2.6

Mean GPA score in EXSC 3353 Mechanics of Human Movement = 3.1

Mean GPA score in EXSC 3533 Laboratory Techniques = 3.6

Mean GPA score in EXSC 4323 Exercise Prescription = 3.39

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 (0-4) = 3.8

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

In order to be compliant with University policies regarding concentrations within a major, the Kinesiology program, which contains Exercise Science and Physical Education, is in the process of splitting into independent degree programs.

Any changes to the assessment process made or planned

We have started an online exit survey to gauge student satisfaction, perceptions of the degree program, and job placement.

K-12 Teaching Physical Education, Wellness and Leisure Concentration

Program Goals

1. Program graduates will have requisite knowledge and skills to design quality physical education and health lessons and programs for K-12 school children.
2. Program graduates will possess the professional dispositions necessary to effectively work as a teacher or coach in the K-12 school environment.
3. Program graduates will have skills needed to establish a class environment that promotes learning.
4. Program graduates will have instructional skills needed to engage students in learning based on national and state standards.

Student Learning Outcomes

1. Students will pass Praxis Core and Praxis II content area tests required for licensure in K-12 Health and Physical Education.
2. Students will complete the Kinesiology K-12 degree program with a minimum GPA of 2.75.
3. Students will earn a grade of “C” or better in all required K-12 teaching courses.
4. Students will earn a minimum average score of 2.5 on the 22 components of the Framework for Teaching assessment during their teaching internship.
5. Students will demonstrate the ability to work collaboratively in a K-12 school environment.
6. Students will be able to reflect on their own practices and compare them to accepted practices in the field.

Timeline for Assessment & Analysis

Yearly

Means of Assessment & Desired Level of Student Achievement

March – collection of data from Student Learning Outcomes

April/May – analysis of data from Student Learning Outcomes and report of changes

- A. Praxis data – Pass rates and scores on sub-categories will be examined
- B. GPA – overall GPA and GPA in major courses will be examined
- C. Framework for Teaching scores will be examined for fall and spring interns
- D. Internship evaluations from university supervisors and public school mentor teachers will be examined
- E. Journal entries from Practicum and Internship students will be examined

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

92% of students passed Praxis 2.

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

In order to be compliant with University policies regarding concentrations within a major, the Kinesiology program, which contains Exercise Science and Physical Education, is in the process of splitting into independent degree programs.

Any changes to the assessment process made or planned

The Arkansas Dept. of Higher Education has changed the requirement of the Praxis test. The College is in the process of changing policies reflecting this change.