

Program Assessment Plan for Exercise Science, BS

Program Mission

The Department of Exercise Science and Sport is dedicated to the scientific inquiry of exercise and health behavior across a spectrum of settings and populations. The faculty is devoted to the lifelong development and improvement of students in order to become competent and competitive professionals in the field of exercise and health science. The department encourages and supports student growth through the stimulation of intellectual and experiential pursuit of knowledge in light of the Jesuit tradition and ideals.

Curriculum

Key Courses And Assignments

NUTR 110- Dietary Assessment EXSC 212- Case Study/Presentation EXSC 229- Palpation/practical exam EXSC 360- Exercise Program EXSC 440- Case Studies EXSC 442- Case Studies EXSC 448-Research Proposal

Program Learning Outcomes to be Assessed

PLO 4. Students will demonstrate evidence of personal growth and professionalism in the field of exercise and health science ILOs to which the PLOs map 4

Year:

Is the evidence Direct or Indirect Direct

Where in the program does the evidence reside? Service Learning Paper

What tools are necessary to collect evidence? (Rubrics, Portfolio, Embedded Exam Questions etc.) Rubric

Benchmarks >80% of students will earn a score of 6 or > (rubric)

ListOfSources Senior service learning reflection

Program Learning Outcomes to be Assessed

PLO	3d. Principles of nutrition and the role of diet in health and exercise performance	ILOs to which the PLOs map	3
Year:			
Is the evidence Direct or Indirect	Survey (Indirect); EXSC 212 and NUTR 110 (Direct)		
Where in the program does the evidence reside?	Survey; EXSC 212 (Case Study); NUTR 110 (Dietary Self-Assessment)		
What tools are necessary to collect evidence? (Rubrics, Portfolio, Embedded Exam Questions etc.)	Survey; Rubrics		
Benchmarks	Survey: >80% of students will indicate that they can explain the role of diet and exercise on human performance, body composition, and weight control ("Agree" or "Strongly Agree"); EXSC 212: >80% of students will earn a grade >80% on the case study; NUTR 110: >80% of students will earn a grade >90% on the dietary self-assessment.		
ListOfSources	Senior Exit Survey; EXSC 212; NUTR 110		

Program Learning Outcomes to be Assessed

PLO	3c. Assessment of health status/physical fitness and the design, implementation and evaluation of exercise programs for both healthy and clinical populations.	ILOs to which the PLOs map	3
Year:			
Is the evidence Direct or Indirect	Survey (Indirect); EXSC 442, EXSC 360, EXSC 375(Direct)		
Where in the program does the evidence reside?	Survey; EXSC 442; EXSC 360; EXSC 375		
What tools are necessary to collect evidence? (Rubrics, Portfolio, Embedded Exam Questions etc.)	Survey; Rubrics		
Benchmarks	Survey: >80% of students will indicate that they can conduct a fitness testing program and prescribe an appropriate exercise program ("Agree" or "Strongly Agree"); EXSC 442: >100% of students will earn a grade >90% on the case studies; EXSC 360 >90% of students will earn a grade >80% on Exercise program assignment; EXSC 375 >80% will earn a grade >80% on the practical exam		
ListOfSources	Senior Exit Survey; EXSC 442; EXSC 360; EXSC 375		

Program Learning Outcomes to be Assessed

PLO	3b. Physiological basis of human movement and its impact on health, injury, and exercise performance	ILOs to which the PLOs map	3
Year:			
Is the evidence Direct or Indirect	Suvey (Indirect); EXSC 440, 240, 210 (Direct)		
Where in the program does the evidence reside?	Survey; EXSC 440; EXSC 240; EXSC 210		
What tools are necessary to collect evidence? (Rubrics, Portfolio, Embedded Exam Questions etc.)	Survey; Rubrics		
Benchmarks	Survey: >80% of students will indicate that they can explain the physiological basis of exercise related to exercise performance ("Agree" or "Strongly Agree"); EXSC 440: >90% of students will earn a grade >85% on the case studies; EXSC 240 > 85% of students will earn a grade > 85% on the case study assignment; EXSC 210 >80% of students will earn a grade >80% on 10 embedded questions on final		
ListOfSources	Senior Exit Survey, EXSC 440 Case Stuies, EXSC 240 assignment; EXSC 210		

Program Learning Outcomes to be Assessed

PLO	3a. Human skeletal anatomy and function	ILOs to which the PLOs map	3
Year:			
Is the evidence Direct or Indirect	Survey (Indirect); EXSC 229 (Direct)		
Where in the program does the evidence reside?	Survey; EXSC 229		
What tools are necessary to collect evidence? (Rubrics, Portfolio, Embedded Exam Questions etc.)	Suvey, Exam questions		
Benchmarks	Survey: >80% of students will indicate that they have gained a proficient understanding of functional anatomy ("Agree" or "Strongly Agree"). EXSC 229: >80% of students will earn a grade >85% on the practical exam		
ListOfSources	Senior Exit Survey; EXSC 229 practical exam		

Program Learning Outcomes to be Assessed

PLO	3. By graduation, students will demonstrate a proficiency in:	ILOs to which the PLOs map
Year:		
Is the evidence Direct or Indirect		
Where in the program does the evidence reside?		
What tools are necessary to collect evidence? (Rubrics, Portfolio, Embedded Exam Questions etc.)		
Benchmarks		
ListOfSources		

Program Learning Outcomes to be Assessed

PLO	2. Students will demonstrate critical thinking and problem solving competencies in an exercise science and health setting	ILOs to which the PLOs map	1
Year:			
Is the evidence Direct or Indirect	Direct		
Where in the program does the evidence reside?	EXSC 448		
What tools are necessary to collect evidence? (Rubrics, Portfolio, Embedded Exam Questions etc.)		Rubric	
Benchmarks	>80% of students will earn a grade >85% on the research proposal (non-writing component; research question, research design, and methodology)		
ListOfSources	Rubric		

Program Learning Outcomes to be Assessed

PLO	1. Students will apply written and oral communication skills in an exercise and health science setting.	ILOs to which the PLOs map	1
Year:			
Is the evidence Direct or Indirect	Senior exit survey (indirect), EXSC 212 and 448 (direct)		
Where in the program does the evidence reside?	Survey of graduates; EXSC 212; EXSC 448		
What tools are necessary to collect evidence? (Rubrics, Portfolio, Embedded Exam Questions etc.)	Survey; Rubrics		
Benchmarks	Senior Exit Survey: >85% of students will indicate that they have developed skills in writing and oral communication ("Agree" or "Strongly Agree"); >80% of students will indicate that the program challenged them to think critically and utilize problem solving skills ("Agree" or "Strongly Agree"); EXSC 212: >80% of students will earn a grade >80% on the writing section of the case study; EXSC 212 >90% will earn a grade >90% on the presentation section of the case study; EXSC 448: >80% of students will earn a grade >85% on the written component		
ListOfSources	Senior Exit Survey; EXSC 212 Case Study/Presentation using rubric to score writing and oral presentation; EXSC 448 use rubric to evaluate student writing		