

## B. Bachelor of Science in Health, Physical Education, & Recreation

### Exercise Science

| <p><b>Learning Outcome</b><br/> <i>What should a graduate in this major know, value, or be able to do at graduation and beyond?</i></p> | <p><b>Data Collection and Analysis</b><br/> <i>What assessment tools and/or methods will you use to determine achievement of the learning outcome? Describe how the data from these tools and/or methods will be collected. Explain the procedure to analyze the data.</i></p>   | <p><b>Results of Evaluation</b><br/> <i>What were the findings of the Analysis Team? List any specific recommendations.</i></p>  | <p><b>Use of Evaluation Results</b><br/> <i>What changes in curriculum, courses, or procedures were made as a result of the program learning outcome assessment process?</i></p> |
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| <p>Assess, interpret, and develop appropriate exercise programs for the general population</p>  | <p>PER 461 Project – Client profile with developed programs for Cardio-Respiratory fitness, muscle fitness, flexibility, and body composition</p> <p>Collection &amp; Analysis<br/>           A scoring rubric, as indicated in the course syllabus for this project, will be used by the instructor to evaluate the performance of the students. The findings of the evaluation are indicated in column 3</p> | <p>Exceeds Expectations: 5%<br/>           Target: 15%<br/>           Acceptable: 75%<br/>           Unacceptable: 5%</p> <p>Recommendations<br/>           Consideration should be given to the changes/improvements indicated in column 4.</p>   | <p>Practice sessions were reviewed and revised. Opportunities for tutoring in math were investigated.</p>  |
| <p>Demonstrate competence in group exercise leadership</p>  | <p>PER 361 assignment – Plan, choreograph, and implement a group exercise class</p> <p>Collection &amp; Analysis<br/>           A scoring rubric, as indicated in the course syllabus for this project, will be used by the instructor to evaluate the performance of the students. The findings of the evaluation are indicated in column 3</p>   | <p>Exceeds Expectations: 25%<br/>           Target: 50%<br/>           Acceptable: 15%<br/>           Unacceptable: 10%</p> <p>Recommendations<br/>           Consideration should be given to the changes/improvements indicated in column 4.</p> | <p>Practice sessions and demonstration opportunities were reviewed for improvement. Observation sessions were implemented.</p>   |

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| <p>Demonstrate acceptable content knowledge related to exercise testing and prescription, as well as the health benefits of physical activity</p> | <p>Assignments and exams in required content courses</p> <p>Collection &amp; Analysis<br/>A scoring rubric, as indicated in the course syllabus for this project, will be used by the instructor to evaluate the performance of the students. The findings of the evaluation are indicated in column 3</p> | <p>Exceeds Expectations: 15%<br/>Target: 45%<br/>Acceptable: 30%<br/>Unacceptable: 10%</p> <p>Recommendations<br/>Consideration should be given to the changes/improvements indicated in column 4.</p> | <p>Presentation techniques were reviewed. Some revisions were made. Professional development opportunities were implemented.</p> |
| <p>Demonstrate acceptable competence in technical skill assessment</p>  | <p>PER 360 Practical Exam – Measuring cardio-respiratory endurance, body composition, muscular strength, flexibility, muscle endurance</p>   | <p>Exceeds Expectations: 15%<br/>Target: 60%<br/>Acceptable: 15%<br/>Unacceptable: 10%</p> <p>Recommendations<br/>Consideration should be given to the changes/improvements indicated in column 4.</p> | <p>Lab session techniques were reviewed. Requests were made for improved lab facilities and smaller lab classes.</p>             |