University of Louisiana at Lafayette

Detailed Assessment Report
2015-2016 Exercise Science BS

As of: 11/17/2016 09:35 AM CENTRAL

(Includes those Action Plans with Budget Amounts marked *One-Time, Recurring, No Request*.)

Student Learning Outcomes/Objectives, with Any Associations and Related Measures, Targets, Findings, and Action Plans

SLO 1: Students will know some specific knowledge in the area of Exercise Science

To evaluate the first learning outcome, internship seniors will be given a 50 question multiple choice scantron exam. The questions are taken from specialized classes from the students major such as exercise physiology, biomechanics, and anatomical kinesiology. Each question chosen for this exam met the standard of "should a graduate of UL Exercise Science program know this information?" If the information fit this standard, it was included in our 50 question exam. The numbers of questions were spread out through various courses taken in Exercise Science. The measurement will be number of correct answers with passing threshold being set at 70%.

Related Measures

M 1: Students will know some specific knowledge in the area of Exercise Science

To evaluate the first learning outcome, internship seniors will be given a 50 question multiple choice scantron exam. The questions are taken from specialized classes from the students major such as exercise physiology, biomechanics, and anatomical kinesiology. Each question chosen for this exam met the standard of "should a graduate of UL Exercise Science program know this information?" If the information fit this standard, it was included in our 50 question exam. The numbers of questions were spread out through various courses taken in Exercise Science. The measurement will be number of correct answers with passing threshold being set at 70%.
KNES 499 in the Senior year

Source of Evidence: Standardized test of subject matter knowledge

Target:
The measurement will be number of correct answers with passing threshold being set at 70%.

Finding (2015-2016) - Target: Met
For 2015 the students achieved a passing rate on the exam administered in KNES 499 and additionally achieved the benchmarks for the practicals in KNES 304. The faculty are pleased with the performance of the students on these standard measures.

Related Action Plans (by Established cycle, then alpha):

Students will know some specific knowledge in the area of Exercise Science

Multiple choice testing for this might confuse some students and not truly assess the content knowledge. Another means of assessment will be discussed.

Established in Cycle: 2009-2010
Implementation Status: Planned
Priority: High

Relationships (Measure | Outcome/Objective):

Measure: Students will know some specific knowledge in the area of Exercise Science | **Outcome/Objective:** Students will know some specific knowledge in the area of Exercise Science

Implementation Description: Exercise Science Faculty will meet to discuss

Projected Completion Date: 05/2011

Responsible Person/Group: Brian Campbell

Curriculum Revisions

The faculty will review the course pre-requirements for the seminal courses in Exercise Science to help improve student outcomes in these courses.

Established in Cycle: 2015-2016

Implementation Status: In-Progress

Priority: High

Relationships (Measure | Outcome/Objective):

Measure: Students will be able to assess blood pressure | **Outcome/Objective:** Students will be able to assess blood pressure

Measure: Students will know some specific knowledge in the area of Exercise Science | **Outcome/Objective:** Students will know some specific knowledge in the area of Exercise Science

Measure: Students will successfully implement body composition assessment | **Outcome/Objective:** Students will successfully implement body composition assessment

SLO 2: Students will successfully implement body composition assessment

To evaluate the second learning outcome, upper level exercise science students will be evaluated on body composition assessment (skin fold assessment for body fat %). A rubric will be implemented to score various steps in the body composition process based on the ACSM Guidelines for 3 site body composition. The same instructor (ACSM Certified in Health and Fitness Testing) will assess body composition for each student to minimize inter tester variables.

Related Measures

M 2: Students will successfully implement body composition assessment

To evaluate the second learning outcome, upper level exercise science students will be evaluated on body composition assessment (skin fold assessment for body fat %). A rubric will be implemented to score various steps in the body composition process based on the ACSM Guidelines for 3 site body composition. The same instructor (ACSM Certified in Health and Fitness Testing) will assess body composition for each student to minimize inter tester variables.
KNES 304 (Exercise Physiology Lab) in the Junior year

Source of Evidence: Standardized test of subject matter knowledge

Target:
The measurement will be number of correct answers with passing threshold being set at 70%.

Finding (2015-2016) - Target: Met
Student demonstrated better than 80 percent proficiency on this measure. Students are compenent at skin fold analysis.

Related Action Plans (by Established cycle, then alpha):

Students will know some specific knowledge in the area of exercise prescription

The Development of applied strength and conditioning in classes such as Laboratory Assessment, and Exercise Physiology Lab will give students a chance to apply the ACSM Guidelines for Exercise Prescription. This

will lead to a better understanding of the criteria for application by our students.

Established in Cycle: 2009-2010
Implementation Status: Planned
Priority: High

Relationships (Measure | Outcome/Objective):
Measure: Students will successfully implement body composition assessment | **Outcome/Objective:** Students will successfully implement body composition assessment

Implementation Description: Exercise Science Faculty will meet to discuss
Projected Completion Date: 05/2010
Responsible Person/Group: Brian J. Campbell

Curriculum Revisions

The faculty will review the course pre-requirements for the seminal courses in Exercise Science to help improve student outcomes in these courses.

Established in Cycle: 2015-2016
Implementation Status: In-Progress
Priority: High

Relationships (Measure | Outcome/Objective):
Measure: Students will be able to assess blood pressure | **Outcome/Objective:** Students will be able to assess blood pressure
Measure: Students will know some specific knowledge in the area of Exercise Science | **Outcome/Objective:** Students will know some specific knowledge in the area of Exercise Science
Measure: Students will successfully implement body composition assessment | **Outcome/Objective:** Students will successfully implement body composition assessment

Other Outcomes/Objectives, with Any Associations and Related Measures, Targets, Findings, and Action Plans

O/O 3: Students will be able to assess blood pressure

To evaluate the third learning outcome, internship seniors will be evaluated on blood pressure assessment. A rubric will be implemented to score various steps in the blood pressure process based on the ACSM Guidelines for blood pressure assessment. The same instructor (ACSM Certified in Health and Fitness Testing) will assess blood pressure for each student to minimize inter tester variables.

Related Measures

M 3: Students will be able to assess blood pressure

To evaluate the third learning outcome, internship seniors will be evaluated on blood pressure assessment. A rubric will be implemented to score various steps in the blood pressure process based on the ACSM Guidelines for blood pressure assessment. The same instructor (ACSM Certified in Health and Fitness Testing) will assess blood pressure for each student to minimize inter tester variables.

KNES 304 (Exercise Physiology Lab) in the Junior/Senior year

Source of Evidence: Performance (recital, exhibit, science project)

Target:
The measurement will be number of correct answers with passing threshold being set at 70%.

Finding (2015-2016) - Target: Met
Students again demonstrated proficiency on assessing resting blood pressure.

Related Action Plans (by Established cycle, then alpha):

Students will be able to assess blood pressure

Faculty that teach/show blood pressure to Exercise Science Students will all be on the same page in regard to ACSM protocol. More Practice time will be given in Exercise Physiology Lab.

Established in Cycle: 2009-2010
Implementation Status: Planned
Priority: High

Relationships (Measure | Outcome/Objective):
Measure: Students will be able to assess blood pressure | **Outcome/Objective:** Students will be able to assess blood pressure

Implementation Description: Exercise Science faculty will meet to discuss
Projected Completion Date: 05/2010
Responsible Person/Group: Brian J. Campbell

Curriculum Revisions

The faculty will review the course pre-requirements for the seminal courses in Exercise Science to help improve student outcomes in these courses.

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Priority: High

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Measure: Students will be able to assess blood pressure | **Outcome/Objective:** Students will be able to assess blood pressure
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Measure: Students will successfully implement body composition assessment | **Outcome/Objective:** Students will successfully implement body composition assessment

Analysis Questions and Analysis Answers

How were assessment results shared and evaluated within the unit?

All data is shared at faculty meetings with instructional faculty. The data is discussed and used to foster further discussion about curriculum change. Additionally, the reliability and validity of the assessment data gathered is discussed in order to refine process.

Identify which action plans [created in prior cycle(s)] were implemented in this current cycle. For each of these implemented plans, were there any measurable or perceivable effects? How, if at all, did the findings appear to be affected by the implemented action plan?

We began the process of engaging more with honors students. The outcome was the first honor undergraduate thesis successfully completed.

What has the unit learned from the current assessment cycle? What is working well, and what is working less well in achieving desired outcomes?

We are having great success in meeting the goals laid out in our plans, and our students are additionally having success in application to professional schools, graduate schools and in careers in the community.