

2023-24 EXSS Annual Assessment Report

Bachelor Exercise & Sports Science

Mission

The Exercise and Sports Science Department's mission is to prepare graduates for professional careers and advanced graduate studies in fields such as: physical therapy, occupational therapy, strength & conditioning, cardiac rehabilitation, fitness management, and wellness. This is accomplished through a combination of interactive classroom and unique hands-on laboratory experiences and internships. We support all University students working towards an accessible liberal arts education by providing the foundations for personal wellness.

Academic Year 2023-2024

Bachelor Exercise & Sports Science Learning Outcomes

EXSS 1.2 Students will demonstrate effective written communication.

EXSS 1.2 Students will demonstrate effective written communication skills.

MEASURES	RESULTS	ACTIONS
<p>Lab report assessment FA23 and FA24</p> <p>The assessment will include two sets of lab reports. One from fall 2023 and one from fall 2024.</p> <p>We have worked to revise our strategies to teach scientific writing in this course and will use this tool to evaluate our progress after implementing our new strategies in fall 2024.</p> <p>Direct - Assignment</p> <p><i>Exercise Physiology I: EXSS 2071</i></p> <p>Target</p> <p>80% of the students will achieve a score of 3 or above.</p>	<p><i>No results have been added.</i></p>	<p><i>No actions have been added.</i></p>
<p>Lab Reports</p> <p>Direct - Assignment</p> <p><i>Exercise Physiology I: EXSS 2071</i></p> <p>Target</p> <p>Random sample (20%) of all possible sections. Score of ≥ 2 on rubric (meets standard) for all students.</p> <p>SLO 12 Effective Written Communication Rubric.docx</p>	<p>MET</p> <p>Analysis</p> <p>Last assessed by Drs. Maldari and Parisi in 2020-2021. All students scores met or exceeded the benchmark score of 2 in all categories on the rubric.</p>	<p><i>No actions have been added.</i></p>
<p>Research Paper or C.A.T.</p> <p>Direct - Assignment</p> <p><i>Applied Nutrition: EXSS 3000</i></p> <p>Target</p> <p>Random sample (20%) of all possible sections. Score of ≥ 2 on rubric (meets standard) for all students.</p> <p>SLO 12 Effective Written Communication Rubric.docx</p>	<p><i>No results have been added.</i></p>	<p><i>No actions have been added.</i></p>

Bachelor Exercise

<p>Research Paper or C.A.T.</p> <p>Direct - Assignment</p> <p><i>Nutrition in Exercise & Sport: EXSS 2300</i></p> <p>Target</p> <p>Random sample (20%) of all possible sections. Score of ≥ 2 on rubric (meets standard) for all students.</p> <p>SLO 12 Effective Written Communication Rubric.docx</p>	<p><i>No results have been added.</i></p>	<p><i>No actions have been added.</i></p>
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EXSS 2.1 Practical Application of Skills

EXSS 2.1 Students will perform health-related fitness testing.

MEASURES	RESULTS	ACTIONS
<p>Practical Exams</p> <p>Assessment of students practical exams in Exercise Testing and Prescription (EXSS 3450) a 3rd year course.</p> <p>Direct - Exam (Course)</p> <p><i>Exercise Testing and Prescript: EXSS 3450</i></p> <p>Target</p> <p>Random sample (20%) of all possible sections. Score of ≥ 2 on rubric (meets standard) for all students.</p> <p>SLO 21 rubric.docx</p>	<p>MET</p> <p>Analysis</p> <p>Last assessed by Drs. Alsup and Hilliard in 2022-2023. All students scores met or exceeded the benchmark score of 2 in all categories on the rubric.</p>	<p><i>No actions have been added.</i></p>

EXSS 3.1 Program Design

EXSS 3.1 Students will design exercise programs for the general population.

MEASURES	RESULTS	ACTIONS
<p>Exercise Prescription Case Study</p> <p>Direct - Assignment</p> <p><i>Exercise Testing and Prescript: EXSS 3450</i></p> <p>Target</p> <p>Random sample (20%) of all possible sections. Score of ≥ 2 on rubric (meets standard) for all students.</p> <p>SLO 31 Rubric.docx</p>	<p><i>No results have been added.</i></p>	<p>Other - [To be assessed: AY 2024-2025]</p> <p>IN PROGRESS</p> <p>Artifacts to be collected and analyzed in AY 2024-2025. Drs. Heikinen and Keenan are tasked with analysis.</p> <p>Recommended Due Date: 05/15/2025</p>

EXSS 4 Quantitative Reasoning

EXSS 4 Students will demonstrate quantitative reasoning.

Bachelor Exercise

MEASURES	RESULTS	ACTIONS
<p>Lab Reports</p> <p>Direct - Assignment</p> <p><i>Exercise Physiology I: EXSS 2071</i></p> <p>Target</p> <p>Random sample (20%) of all possible sections. Score of ≥ 2 on rubric (meets standard) for all students.</p> <p>SLO 4 Rubric.docx</p>	<p>MET</p> <p>Analysis</p> <p>Last assessed by Drs. Maldari and Parisi in 2020-2021. All students scores met or exceeded the benchmark score of 2 in all categories on the rubric.</p>	<p><i>No actions have been added.</i></p>

EXSS 1.1b Students will demonstrate effective verbal communication.

EXSS 1.1b Students will demonstrate effective verbal communication in an informal setting.

MEASURES	RESULTS	ACTIONS
<p>Practical Exams</p> <p>Direct - Exam (Course)</p> <p><i>Exercise Testing and Prescript: EXSS 3450</i></p> <p>Target</p> <p>Random sample (20%) of all possible sections. Score of ≥ 2 on rubric (meets standard) for all students.</p> <p>SLO 11b Rubric.docx</p>	<p>MET</p> <p>Analysis</p> <p>Last assessed by Drs. Alsup and Hilliard in 2022-2023. All students scores met or exceeded the benchmark score of 2 in all categories on the rubric.</p>	<p><i>No actions have been added.</i></p>

EXSS 3.2 Program Design

Students will design exercise programs for athletic performance.

MEASURES	RESULTS	ACTIONS
<p>Periodization Project</p> <p>Direct - Assignment</p> <p><i>Assessment for Strength & Cond: EXSS 3001</i></p> <p>Target</p> <p>Random sample (20%) of all possible sections. Score of ≥ 2 on rubric (meets standard) for all students.</p> <p>SLO 32 Rubric.docx</p>	<p><i>No results have been added.</i></p>	<p>Other - [To be assessed: AY 2024-2025]</p> <p>IN PROGRESS</p> <p>Artifacts to be collected and analyzed in AY 2024-2025. Drs. Heikkinen and Keenan are tasked with analysis.</p> <p>Recommended Due Date: 05/15/2025</p>