

# Physical Education-Exercise Science Emphasis Area BS

## *Expanded Statement of Institutional Purpose*

### **Institutional Mission Reference**

The exercise science curriculum offers students a solid academic preparation for further education in allied health fields such as physical therapy, corporate wellness, cardiac rehabilitation, and personal training. The exercise science faculty are committed to the highest quality of instruction for all students. The curriculum emphasizes the importance of health and fitness in the individual (related to "respect for the dignity and worth of the individual") and in society.

Vision Statement: To be a nationally recognized department known for its innovative programs and progressive leadership in preparing high quality graduates in the areas of athletic training, exercise science, physical education, recreation, and sports management.

### **Institutional Goal(s) Supported**

The undergraduate exercise science program supports the University goals of

- a. Quality undergraduate academic programs
- b. Quality teaching
- c. Discovery of new knowledge through research
- d. Community service

## *Intended Educational (Student) Outcomes, Methods for Assessment, Criteria for Success, Assessment Results, and Use of Results*

### **Intended Outcome 1**

Students will be completing an exercise science academic program that has been externally validated by the conclusion of 2000-2001.

**Method for Assessing Outcome 1 and Criterion for Success:** A curriculum portfolio will be assembled for review by a nationally/internationally recognized exercise scientist from the standpoint of adherence to recommended programmatic guidelines for undergraduate exercise science curricula. Mechanisms for validation of this evaluation process will be face and content validity.

**Summary of Assessment Data Collected for Outcome 1:** The curriculum portfolio is still being assembled. This outcome has not yet been achieved.

### **Intended Outcome 2**

Students will communicate effectively in writing.

**Method for Assessing Outcome 2 and Criterion for Success:** All students will pass the Exit Exam of Writing Proficiency. Students who fail the exit examination in their first attempt will be identified by the program coordinator. Individual plans of action will be established to correct the deficiencies. Half of the students failing the university exit examination of writing proficiency the first time will pass it upon their second attempt.

**Summary of Assessment Data Collected for Outcome 2:** The program coordinator made personal contact with exercise science majors who failed to pass the Exit Examination of Writing Proficiency. Students were strongly encouraged to make contact with the writing center to receive feedback in order to be successful in their subsequent attempt.

**Alternate Method for Assessing Outcome 2 and Criterion for Success:** A greater emphasis was placed on writing proficiency within the major. To this end, a plan was submitted to Committee A to designate PE 417 "Biomechanics/Advanced Kinesiology", a required course in the exercise science core, as a writing intensive course. PE 417W is typically taken in the spring of the junior year.

**Intended Outcome 3**

Students will have basic computer proficiency in the use of spreadsheets, PowerPoint, and word-processing.

**Method for Assessing Outcome 3 and Criterion for Success:** All students will use a word-processing program for the laboratory reports in PE 415 "Exercise Testing for Normal and Special Populations" and PE 417W "Biomechanics/Advanced Kinesiology". Data collected in PE 415 are required to be analyzed and presented using MicroSort Excel. Students in the Preventive/Rehabilitative Exercise track are required to use a word processor in completing their case studies in PE 368W "Internship-Exercise Science", research project in PE 420. Students in the Scientific Foundations track, who are required to take PE 420 "Research Methods in Exercise Science", must use a word processor in their written project and MicroSort PowerPoint in their group project presentation.