

Department of Health and Human Performance Exercise Science Program Outcomes Academic Year 2013/2014

Student learning outcomes	Assessment	Benchmarks	Results	Decision/Actions
Identify and explain the principles and theories within the domains of exercise science and wellness.	EXSC 430 /429 Exam # 1. (Bioenergetics, Energy Metabolism) Exam # 3 (Cardiovascular Response to Acute and Chronic Exercise)	70% of students will score C or higher	56% of the students met the benchmark for the Bioenergetics Assessment. 59% of the students met the benchmark for the Cardiovascular Response to Acute and Chronic Exercise Assessment.	Meet with the faculty for Zoo 251 the prerequisite course for EXSC 430 to determine if the necessary anatomy and physiology foundation is covered. Reevaluate each laboratory assignment that is designed to complement the EXSC 430 material, make adjustments as necessary.
Apply the knowledge, skills, and abilities within the domains of exercise science and wellness.	EXSC 430/429 Energy Metabolism Assessment (e.g. Wingate)	90% of students will score a C or higher	99% of students met benchmark for the Energy Metabolism Assessment. 99% of students met benchmark for the Cardiovascular Assessment.	Continue to evaluate

	Cardiovascular Assessment (Physiological response to submaximal testing)			
Demonstrate decision-making influenced by evidenced-based practices within the domains of exercise science and wellness.	EXSC 431 Exercise RX Assignment EXSC 433 Case Study Assignment	90% of students will score a C or higher 80% of students will score a C or higher	90% of students met benchmark for the Exercise RX Assignment. 100% of students met the benchmark for the Case Study Assignment.	Continue to evaluate
Demonstrate proficiency in technology within the exercise science and wellness domains.	EXSC 429 – Blood Pressure Assessment EXSC 431 – Cardiovascular Assessment	100% of students will score C or higher	99% of students met benchmark for the Blood Pressure Assessment. 100% of students met benchmark for the Cardiovascular Assessment.	Continue to evaluate
Assess, plan, and implement physical activity and/or exercise interventions in clinical, health-related, and training environments	EXSC 431 Total Assessment and Exercise RX Project HPER 440 – Health-Fitness, Sport Skills Needs Assessment	90% of students will score C or higher	99% of students met the benchmark for the Total Assessment and Exercise RX Project. 100% of students met the benchmark for the Health-Fitness, Sport Skills Needs Assessment.	Continue to evaluate
Demonstrate awareness of professional development and continuing education within the domains of exercise science and wellness.	HPER 415 – Professional Folder Assessment HPER 415 – Professional and Personal Ethics Exam	90% of students will score C or higher	100% of students met the benchmark for the Professional Folder Assessment.	Continue to evaluate

			75% of students met the benchmark for the Professional and Personal Ethics Exam.	
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