

Goal 1.

Learning Outcome 1. Describe the relationship among behavior, physical activity, functional capacity and health and disease across the life span.

Measures and Criteria. EXSC 191-Students will complete a dietary and physical activity self-assessment report.

80% of students will earn an 80% or higher on dietary and physical activity self-assessment report.

Term	# students	# met	% met	Criteria
Fall 2017 (4 sections)	469	449	96%	met
Spring 2018 (2 sections)	170	165	97%	met
Fall 2018 (4 sections)	448	429	96%	met
Spring 2019 (3 sections)	344	317	92%	met

Learning Outcome 2. Explain the connections between anatomical structures, physiological and cellular mechanisms of exercise.

Measures and Criteria. EXSC 223, 223L EXSC 224, 224L-Students will answer questions on a cumulative exam discussing the connections between anatomical structures, physiological and cellular mechanisms of exercise.

75% of the students in each course will average 70% or higher on the relevant exam questions.

Fall 2017	# students	# met	% met	Criteria
EXSC 223	250	174	69.6%	not
EXSC 223L	239	176	73.6%	not
EXSC 224	113	71	62.8%	not
EXSC 224L	112	83	74.1%	not
Combined	714	504	70.6%	not
Spring 2018				
EXSC 223	140	123	87.9%	met
EXSC 223L	118	106	89.8%	met
EXSC 224	249	188	75.5%	met
EXSC 224L	239	172	72.0%	not
Combined	746	589	79.0%	met
Fall 2018				
EXSC 223	283	242	85.5%	met
EXSC 223L	283	228	80.6%	met
EXSC 224	117	60	51.3%	not
EXSC 224L	110	72	65.5%	not
Combined	793	602	75.9%	met
Spring 2019				
EXSC 223	154	127	82.5%	met
EXSC 223L	129	103	79.8%	met
EXSC 224	281	218	77.6%	met
EXSC 224L	267	222	83.1%	met
Combined	831	670	80.6%	met

Learning Outcome 3. Use scientific inquiry skills to understand research on exercise science and public health issues.

Measures and Criteria. EPID 410-Students will complete an assignment that focuses on research methodology for addressing public health problems.

80% of students will score 80/100 (80%) or higher on the assignment grading rubric.

Term	# students	# met	% ≥80	Criteria
Fall 2017 Hazlett	119	106	89.1%	met
Fall 2017 Wirth	129	129	100.0%	met
Combined	248	235	94.8%	met
Spring 2018 Wirth	131	131	100.0%	met
Spring 2018 Alberg	125	124	99.2%	met
Combined	256	255	99.6%	met
Fall 2018 Wirth	120	120	100.0%	met
Fall 2018 Hazlett	126	123	97.6%	met
Fall 2018 Dhotre	59	59	100.0%	met
Combined	305	302	99.0%	met
Spring 2019 Wirth	164	164	100%	met
Spring 2019 Alberg	120	120	100%	met
Spring 2019 Dhotre	164	164	100%	met
Combined	448	448	100%	met

Goal 2.

Learning Outcome 1. Conduct disease risk factor screening, physical fitness assessments and clinical exercise testing.

Measures and Criteria. EXSC 530 Lab-Students will demonstrate the techniques necessary to conduct laboratory exercises consistent with written protocol. The techniques will be assessed by a lab quiz and lab report.

80% of students will receive a minimum score of 70% these assignments.

Term	# students	# met	% met	Criteria
Fall 2017	175	171	97.7%	met
Spring 2018	80	77	96.3%	met
Fall 2018	132	125	94.7%	met
Spring 2019	58	58	100.0%	met

Goal 3.

Learning Outcome 1. Explain factors related to optimal motor skill function related to physical activity and exercise.

Measures and Criteria. EXSC 351-Students will create a Lesson Plan for a hypothetical client/patient who is learning/relearning a motor skill. The Lesson Plan is an evidence-based research project.

80% of the students will score 80% or higher on the lesson plan project.

Term	# students	# met	% met	Criteria
Fall 2017	170	146	85.9%	met
Spring 2018	89	81	91.0%	met
Fall 2018	139	124	89.2%	met
Spring 2019	61	51	83.6%	met

Goal 4.

Learning Outcome 1. Demonstrate proficient reasoning and critical thinking including the ability to analyze, synthesize and evaluate information to make sound decisions and solve problems as they apply to exercise science and health.

Measures and Criteria. Students will complete a research poster slide on a health topic relevant to their practicum location.

80% of students will score 80% or higher on the required practicum assignment.

Term	# students	# met	% met	Criteria
Fall 2017	70	68	97.1%	met
Spring 2018	132	127	96.2%	met
Fall 2018	73	67	91.8%	met
Spring 2019	110	103	93.6%	met