

# Program Learning Outcomes

I= Introduced  
 R= Reinforced  
 M= Mastered

Program Name: Exercise Science

Date: 5/1/2020 rev. 7/15/24

Program Learning Outcomes  Knowledge, skill, or behavior students can demonstrate upon program completion		Courses Mapped to Outcomes											
		KIN 150	KIN 200	KIN 208	KIN 300	KIN 310	KIN 321	KIN 321L	KIN 383	KIN 421	KIN 421L	KIN 422	KIN 299 or 499
<b>1</b>	Describe, understand, and apply basic scientific knowledge, concepts and theories of nutrition, anatomy, physiology, biomechanics, metabolism and other supplementary topics as they relate to human movement and exercise.		I	I	R	R	R	R	R	M	M	M	R
<b>2</b>	Along with content comprehension, successful students will demonstrate ability to read, understand, design, perform, and apply research as it relates to the field of human movement, health, and wellness.	I		I	R	R	R	R	R	M	M	M	
<b>3</b>	Perform individualized and/or group physical fitness/health assessments. Demonstrate the ability to select, perform, and analyze various clinical tests and exams associated with determining current status or improvement of health and fitness in accordance with accepted guidelines.			I			R	R			M		
<b>4</b>	Develop exercise and fitness programs for healthy and special populations, providing modifications in response to health and performance goals.						I	R		M	M		
<b>5</b>	Demonstrate the ability to effectively communicate (verbal, written, etc.) as a means to educate and manage the safe and proper instruction for fitness testing and/or exercise prescription, as well as to interact with co-workers and/or clients and to disseminate research findings.	I			R	R	R	R	R	M	M	M	M

# Program Learning Outcomes: Assessment Tools

Program Name: Exercise Science

Date: 5/1/2020 rev. 7/15/24

Program Learning Outcomes Knowledge, skill, or behavior students can demonstrate upon program completion	Measurement Tool	Timeline/Frequency of Assessment	Target	Review
<b>1</b> Describe, understand, and apply basic scientific knowledge, concepts and theories of nutrition, anatomy, physiology, biomechanics, metabolism and other supplementary topics as they relate to human movement and exercise.	Kin 442 Regulation of Human Metabolism course grade. Faculty committee review of the results from Senior Exit Survey and Graduate/Alumni Survey (6 mo. out) for themes, suggestions and student perception of learning outcome mastery.	Every time course is offered	Minimum of 75% of class will pass Kin 422 lecture with a grade of B or higher and 75% or more seniors will select "Agree" or "Strongly Agree" for the senior exit survey question: "I am well prepared for a future in exercise science."	Every 3 years, department will undergo thorough examination of assessment results described in this document to determine if standards are being achieved.
<b>2</b> Along with content comprehension, successful students will demonstrate ability to read, understand, design, perform, and apply research as it relates to the field of human movement, health, and wellness.	Kin 442L Regulation of Human Metabolism Group Research Project course grade. Faculty committee review of the results from Senior Exit Survey and Graduate/Alumni Survey (6 mo. out) for themes, suggestions and student perception of learning outcome mastery.	Every time course is offered	Minimum of 75% of class will pass Kin 422L with a grade of B or higher	Every 3 years, department will undergo thorough examination of assessment results described in this document to determine if standards are being achieved.
<b>3</b> Perform individualized and/or group physical fitness/health assessments. Demonstrate the ability to select, perform and analyze various clinical tests and exams associated with determining current status or improvement of health and fitness in accordance with accepted guidelines.	Practical Examination in Kin 421L Clinical Exercise Physiology. Faculty committee review of the results from Senior Exit Survey and Graduate/Alumni Survey (6 mo. out) examining themes, suggestions and student perception of learning outcome mastery.	Every time course is offered	Minimum of 75% of class participants will pass the Kin 421 practical exam on the first attempt	Every 3 years, department will undergo thorough examination of assessment results described in this document to determine if standards are being achieved.

4	Develop exercise and fitness programs for healthy and special populations, providing modifications in response to health and performance goals.	Kin 421L Clinical Exercise Physiology Take-Home Final. Faculty committee review of the results from Senior Exit Survey and Graduate/Alumni Survey (6 mo. out) examining themes, suggestions and student perception of learning outcome mastery.	Every time course is offered	75% passing rate on take home final for Kin 421L Clinical Exercise Physiology	Every 3 years, department will undergo thorough examination of assessment results described in this document to determine if standards are being achieved.
5	Demonstrate the ability to effectively communicate (verbal, written, etc.) as a means to educate and manage the safe and proper instruction for fitness testing and/or exercise prescription, as well as to interact with co-workers and/or clients and to disseminate research findings.	Practical Examination in Kin 421L Clinical Exercise Physiology. Oral presentation for Kin 422L Capstone Research Project Score. Faculty committee review of the results from Senior Exit Survey and Graduate/ Alumni Survey (6 mo. out) examining themes, suggestions, and student perception of learning outcome mastery.	Every time course is offered	Minimum of 75% of class participants will pass the Kin 421L exam on first attempt and 75% of students will score "satisfactory" on 7 out of 10 points on the Oral Presentation Rubric for Kin 422L Capstone Metabolism Research Project.	Every 3 years, department will undergo thorough examination of assessment results described in this document to determine if standards are being achieved.