

**2003-2004 Annual Academic Assessment for Exercise Science**  
**Schreiner University**

**1. State the educational purpose of the assessment program:**

The Exercise Science (EXSI) degree program is designed to ensure that the EXSI students meet the goals established for the EXSI major and its curriculum.

The ideal EXSI graduate is a healthy, physically fit, and knowledgeable person. The graduate possesses appropriate knowledge and understanding in EXSI to read comprehensively in the field and to utilize that comprehension in a practical manner.

This practical utilization may involve establishing conditioning programs for individuals/groups, analyzing the performance of particular motor skills, motivating individuals to improve their conditioning and/or skills and establishing situations that promote positive social behavior in the sport and fitness environment.

## 2. Educational goals, assessment for each goal, performance standards, and findings:

Upon graduating with a major in Exercise Science a student will be able to:

**Goal 1:** The EXSI curriculum is designed to develop student abilities in applying basic concepts of biomechanics, kinesiology, motor learning and learning theory.

2002-2003

92% of EXSI 2003 graduates had a GPA in EXSI of 2.50 or higher.

All EXSI students in 2002-2003 completed the Senior Project with a grade of “A, B or C”. In fact, all received A’s or B’s.

2003-2004

75% of EXSI 2004 graduates had a GPA in EXSI of 2.50 or higher.

25% had between 2.20 and 2.50

All EXSI students in 2001-2002 completed the Senior Project with a grade of “A, B or C”, while 78% earned a B or better. The average GPA in the class was approximately 3.1.

**Curriculum:** *The curriculum continues to be enhanced yearly. With the opening of the Human Performance Laboratory (HPL), it is likely that lab experiences will increase in kinesiology classes. With the addition of the Certification Preparation class, students now have a way to earn a certification for demonstrating mastery of certain movement related skills involved in strength and conditioning.*

**Faculty Development:** *Obviously, as instructors both in the classroom and in what labs do exist. But also as role models in showing how the expertise in Goal #1 applies.*

**Out-of-class Experience:** *Currently, all upper level classes in EXSI require out-of-class experiences, mainly assuming the form of class projects. These projects involve interaction with other students, faculty and staff, in addition to others in the local community and beyond. For Goal #1, students demonstrate that they can successfully analyze the performance of motor skills and offer appropriate plans for the development, improvement, or maintenance of particular skills, as well as design programs for the enhancement of muscular strength.*

**Goal 2:** The EXSI curriculum is designed to develop and enhance the knowledge of exercise physiology, basic nutrition, human anatomy and human development.

2002-2003

92% of EXSI 2003 graduates had a GPA in EXSI of 2.50 or higher.

All EXSI students in 2002-2003 completed the Senior Project with a grade of “A, B or C”. In fact, all received A’s or B’s.

2003-2004

In courses covering nutrition and exercise physiology (which includes application of anatomy and physiology concepts), 89% of students earned a C or better. The

average GPA in EXSI 4322: Physiology of Exercise, the average GPA was 2.0, while the GPA in EXSI 4325: Sports Nutrition was 2.2

**Curriculum:** *A lab section has been added to EXSI 4322 in order to increase hands-on experiences. Students have responded very positively to this change. This semester, students' skills lab skills will be assessed with a practical exam procedure.*

**Faculty Development:** *Faculty members regularly attend conferences on research in these areas in order to adequately instruct students on the latest information in the field.*

**Out-of-class Experience:** *Currently, all upper level classes in EXSI require out-of-class experiences, mainly assuming the form of class projects. These projects involve interaction with other students, faculty and staff, in addition to others in the local community and beyond. For Goal #2, students demonstrate that they can successfully establish conditioning programs for groups or individuals designed to maintain or improve the various fitness components such as cardiovascular endurance, muscular strength, body composition/weight management and flexibility. Students in EXSI 4422 perform all fitness testing for several HPER 1201 classes.*

**Goal 3:** The EXSI curriculum is designed to develop and enhance knowledge of statistics, research design, computer technology and communications skills.

2002-2003

92% of EXSI 2003 graduates had a GPA in EXSI of 2.50 or higher.

All EXSI students in 2002-2003 completed the Senior Project with a grade of "A, B or C". In fact, all received A's or B's.

2003-2004

In courses covering statistics or research design, 100% of students earned a C or better. The average GPA for EXSI 4395: Research Applications was approximately 3.1, while the average GPA in EXSI 3320: Measurement and Evaluation was 2.65

**Curriculum:** *Student performance in these particular subject areas is critical to any future success as practitioners in the field of EXSI. As with all curricula in the field, enhancements are constantly being sought to align the curriculum with national standards.*

**Faculty Development:** *Obviously, as instructors both in the classroom and in what labs do exist. But also as role models in showing how the expertise in Goal #3 applies.*

**Out-of-class Experience:** *Currently, all upper level classes in EXSI require out-of-class experiences, mainly assuming the form of class projects. These projects involve interaction with other students, faculty and staff, in addition to others in the local community and beyond. For Goal #3, students demonstrate that they can successfully assess the skill and fitness levels of individuals or groups in an appropriate manner. Additionally, students can successfully design and select the proper measurement instruments, and follow up with accurate and meaningful collection of data, including proper interpretation and resultant evaluations. Upper level EXSI students frequently*

*assist in the Assessment phase of the HPER 1201 classes. This assessment involves the collection of fitness data and its subsequent interpretation/evaluation.*

**Goal 4:** The EXSI curriculum is designed to develop and enhance knowledge of oral communication techniques, computer literacy and writing and research skills.

2002-2003

92% of EXSI 2003 graduates had a GPA in EXSI of 2.50 or higher.

All EXSI students in 2002-2003 completed the Senior Project with a grade of “A, B or C”. In fact, all received A’s or B’s.

2003-2004

All EXSI students in 2001-2002 completed the Senior Project with a grade of “A, B or C”, while 78% earned a B or better. The average GPA in the class was approximately 3.1.

**Curriculum:** *With enhanced availability of computers in the classroom, students are increasingly able to practice their computing skills in all classes, including using spreadsheets to graph data ,and using the internet to locate research source, and gather data for class projects Students enrolled in EXSI 4422 are now part of the ‘writing across the curriculum’ project, having to write 5 short to medium research papers on data collected in lab experiments.*

**Faculty Development:** *As the curriculum becomes more demanding for the students, faculty members must be diligent in staying on the cutting edge of research.*

**Out-of-class Experience:** *Currently, all upper level classes in EXSI require out-of-class experiences, mainly assuming the form of class projects. These projects involve interaction with other students, faculty and staff, in addition to others in the local community and beyond. For Goal #4, students demonstrate that they can successfully perform research at the undergraduate level. Additionally, the EXSI students demonstrate that they can communicate these results in an effective manner to a targeted population. This communication ability will show evidence of traditional, as well as modern research techniques such as efficient use of the Internet and other electronic data sources and manipulations. All EXSI classes, lower level and upper level, now include and Information Literacy component. With the availability of a wide variety of modern instruments in the HPL, students can now perform higher level research. A project has been undertaken in the fall of 2004 utilizing some of this equipment.*

**Scroll down for Final Comments**



**Final comments:** With the opening of the HPL, the addition of a new degree plan, there is a renewed interest from students in the major. The desired enhancements to the curriculum from the addition of the lab have now been realized in a palpable manner. Students already in the major feel they are being treated more seriously and they realize the dedication of the faculty members to their education.