

Health and Fitness Promotion
School of Science, Health, and Criminal Justice
2019 Calendar Year Assessment Report



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What was assessed?

- ISLO 5: Industry, Professional, Discipline-Specific Knowledge and Skills
 - PSLO 9: Be prepared to seek specialized fitness certifications and/or advanced degrees in areas related to health and fitness
 - PSLO 10: Articulate the importance of lifelong learning and skill enhancement to reach their fullest potential as a health and fitness professional



How was the assessment accomplished?

- **HEFI 401:** Spring 2019; PSLO 9
- Measure: Lab #2: Pretest Screening
- Assessment: Pertaining to PSLO #9, students will complete lab 2, which focuses on pretest screening of clients to stratify them as low, moderate, or high risk for a cardiovascular event and verify that they are safe to begin an exercise program, as well as safely set intensity of the program.
- Sample Size: 15 students
- Target: 15/15 students will earn a 90% or higher.



How was the assessment accomplished?

- **HEFI 401:** Spring 2019; PSLO 9
- Measure: Final Exam—Exercise Program
- Assessment: Students are required to design and implement a comprehensive exercise program addressing the four components of physical fitness based on assessment of a healthy individual. Students conducted a pre-participation screening and interview on volunteer participants. Students created a 2-3x/week exercise program for participants based on their goals and level of fitness. Students required to bring the participants through one day of the fitness program.
- Sample Size: 15 students
- Target: 15/15 students will earn at 85% or higher



How was the assessment accomplished?

- **HEFI 402:** Fall 2019; PSLO 9
- Measure: Final Exam—Off-Season Resistance Training Program for an Athlete
- Assessment: Pertaining to PSLO #9, students will complete a final exam which focuses on creating an off-season resistance training program that is applicable to their sport. Focus is on doing a needs analysis to evaluate the sport-specific movement patterns, muscle requirements, and energy system/metabolic requirements. Students need to then identify a way to progress each exercise movement to the next level, while keeping the needs of the athlete/sport in mind.
- Sample Size: 12 students
- Target: 10/12 students will score at least 100/114 points



How was the assessment accomplished?

- **HEFI 402:** Fall 2019; PSLO 10
- Measure: Chapter 13 Homework
- Assessment: Pertaining to PSLO #10, students will complete chapter 13 homework questions, which require them to analyze and review validity and reliability of strength and conditioning tests and results. Students are required to critically think and understand why a test is appropriate/relevant and what the results mean for athlete development and potential. Students must research what the specificity and sensitivity of these tests in the literature, and recall what the most valid and best fit test is. They must also look at the current literature and compare athlete values on the tests to the current norms and data for that sport/position.
- Sample Size: 12 students
- Target: 10/12 students will earn an 85% on this assignment



How was the assessment accomplished?

- **HEFI 407:** Spring 2019; PSLO 10
- Measure: Supervisor Final Assessment
- Assessment: Pertaining to PSLO 10, students will earn at least a 15/25 in section A of the final assessment.
- Sample Size: 7 students
- Target: 7/7 students will earn at least 15/25 in section A



How was the assessment accomplished?

- **HEFI 407:** Spring 2019; PSLO 9
- Measure: Supervisor Final Assessment
- Assessment: Pertaining to PSLO 9, students will score at least a 15/25 on section B of the final assessment.
- Sample Size: 7 students
- Target: 7/7 students will earn at least 15/25 in section B



How was the assessment accomplished?

- **HEFI 407:** Fall 2019; PSLO 10
- Measure: Supervisor Final Assessment
- Assessment: Pertaining to PSLO 10, students will earn at least a 15/25 in section A of the final assessment.
- Sample Size: 1 student
- Target: 1/1 students will earn at least 15/25 in section A



How was the assessment accomplished?

- **HEFI 407:** Fall 2019; PSLO 9
- Measure: Supervisor Final Assessment
- Assessment: Pertaining to PSLO 9, students will score at least a 15/25 on section B of the final assessment.
- Sample Size: 1 student
- Target: 1/1 students will earn at least 15/25 in section B



How was the assessment accomplished?

- **HEFI 408:** Fall 2019; PSLO 10
- Measure: Senior Fitness Test Practical
- Assessment: Pertaining to PSLO #10, students will articulate the importance of lifelong learning and skill enhancement with the Senior Fitness Test in this course. Students have previously been exposed to the "typical" and "athletic" populations prior to this course, but not the "special population," which includes seniors and senior testing. Performing this test, which is research driven, helps students continue to refine their assessment skills for musculoskeletal strength, flexibility, power, as well as aerobic assessments, but for a special population that requires modifications.
- Sample Size: 11 students
- Target: 10/11 students will earn at least a 17/20 on this practical



Actual assessment data

- Assessment Results – Rubric for ISLO 5 – PSLO 9

<u>Subject</u>	<u>Course</u>	<u>Sections Participating</u>	<u>Total Measures</u>	<u>Outcome</u>	<u>Semester</u>
HEFI	401	1	2	100% Met	Spring
HEFI	402	1	1	100% Met	Fall
HEFI	407	2	2	100% Met	Spring
<u>Overall Findings for PSLO</u>					
Total Sections Selected for Assessment				4	
Total Sections Assessed				4	
% Measures Meeting or Exceeding Target (of those assessed)				100%	

- Assessment Results – Rubric for ISLO 5 – PSLO 10

<u>Subject</u>	<u>Course</u>	<u>Sections Participating</u>	<u>Total Measures</u>	<u>Outcome</u>	<u>Semester</u>
HEFI	402	1	1	100% Met	Fall
HEFI	407	2	2	100% Met	Spring/Fall
HEFI	408	1	1	100% Met	Fall
<u>Overall Findings for PSLO</u>					
Total Sections Selected for Assessment				4	
Total Sections Assessed				4	
% Measures Meeting or Exceeding Target (of those assessed)				100%	



Assessment results: What have the data told us?

- HEFI 401: 100% of sections met target.
- HEFI 402: 100% of sections met target.
- HEFI 407: 100% of sections met target.
- HEFI 408: 100% of sections met target.
- Assessment standards and targets are being met effectively in classes, and now also on the internship, which was not the case in the past.
- Strict guidelines were put in place after the last assessment on who should be able to participate on internships. If students are not prepared for an internship, they are prompted to take upper level program electives.
- See next slide on closing the loop.



Data-driven decisions: How the department has or plans to “close the loop” based on these results.

- Based on assessment, all results have improved this cycle based on changes made last cycle. Additional changes are recommended to be made to the internship assessment form that the supervisor fills out on the student to make the form cleaner and more concise, but this was not based off of assessment data.



What resources were used or have been requested to close the loop?

- None



What changes would you make to the Assessment Process?

- None, I actually enjoy using Taskstream.

