

Minnesota State University Moorhead
2008-2009 Assessment Report Cover Sheet

(An electronic version of this form can be accessed at <http://www.mnstate.edu/assess>)

Note: All non-accredited programs are required to complete this form. Include Assessment Reporting Forms for each learning outcome assessed.

Academic Program: Exercise Science

Department: Health and Physical Education

College: Education and Human Services

Date: 10/31/08

1. Name(s) of Department Assessment Coordinator and/or Assessment Committee Members

James Gemar

2. List of All Student Learning Outcomes. (List all outcomes, placing an asterisk (*) by the outcomes you are assessing this year.)

1. Students will demonstrate knowledge in anatomy, biomechanics, exercise physiology, risk factors, health appraisal, nutrition, weight management, exercise programming and metabolic calculations.
2. Students will demonstrate the skills and abilities for exercise testing and interpretation identified by ACSM and NSCA.
3. Students will demonstrate the exercise techniques identified by NSCA.
4. *Students will be able to apply basic competencies as a fitness professional in a sports medicine, cardiac rehabilitation, fitness center or sport training facility.

3. Describe how your program has addressed the comments from the Student Learning Outcomes Assessment Committee during the past two academic years? (If you have made changes to your plan, file a revised Assessment Plan Cover Sheet and Assessment Planning Form(s).)

The Internship Evaluation Checklist, completed by the agency supervisor regarding the student's internship performance, has been revised to clarify internship outcomes. A revised checklist has been attached to the report.

4. If you have received an Instructional Improvement Grant in the past two years, identify the outcomes on which the grant was based and provide a summary here of the results from your grant.

5. Signatures

Department Chair or Program Director

Dean or Director

Required Attachments:

1. Assessment Reporting Forms
2. Records of department meetings when Assessment Report was discussed and approved.

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2008-2009 Assessment Reporting Form

(An electronic version of this form can be accessed at <http://www.mnstate.edu/assess>)

Instructions: Include this form for each student learning outcome assessed during the previous year. Include Assessment Report Cover Sheet.

Academic Program: Exercise Science

1. Learning outcome assessed (please include the number of the outcome to correspond with the list on the cover sheet).

Students will be able to apply basic competencies as a fitness professional in a sports medicine, cardiac rehabilitation, fitness center or sports training facility. (Student Learning Outcome No.4)

2. Describe assessment measure used for this learning outcome (attach instrument or rubric)

The Internship Evaluation checklist is completed by the agency supervisor regarding the student's internship performance.

3. Expected/satisfactory student results (from assessment plan)

Seventy-five percent of the exercise science students will score at an "above average" or "superior rating" on each behavior observed.

4. Actual results from the past year (attach additional information, if necessary)

The Internship agency supervisor's evaluated 27 students in the areas of personal qualities; knowledge, understanding, skills; professional qualities and performance. The data shows that over 75% of the students rated "above average" or "superior" in all of the behavioral categories except initiative and ambition which was 74%. The rest of the students received an "average" rating with no student being rated at "below average" or "unsatisfactory". Results of the Internship Evaluation are attached.

5. Describe and explain available trend data for student performance on this outcome over the past several years. In other words, describe how the results of this measure have changed over the past several years.

The internship data for 2007-2008 were consistent to 2006-2007. However, the results for the interns' personal qualities were lower for 2007-2008.

6. Proposed action in response to results. (Please note if improvements can be made with existing department resources. If improvements cannot be made with existing department resources, consider applying for an Instructional Improvement Grant.)

The Internship Evaluation Checklist has been revised for the 2008-2009 school year. The goal is to better focus on the competencies and skills required to be a successful fitness professional.