Degree Program Assessment Plan

Degree Program - AS - Kinesiology (BS)

**CIP Code:** 31.0505.0014  
**Degree Program Coordinator:** Dr. Angela Lumpkin  
**Degree Program Coordinator Email:** angela.lumpkin@ttu.edu  
**Assessment Coordinator:** Monica Luna

### Student Learning Outcome: Kinesiology BS 1

Describe physiological, psychological, or behavioral responses to exercise and physical activity.

**Outcome Status:** Active  
**Outcome Type:** Student Learning  
**Start Date:** 08/24/2015

### Assessment Methods

**Survey - Student** - Students will demonstrate physiological knowledge and competence on the final exam or final capstone requirement in the Applied Exercise Physiology course.  
(Active)

**Criterion:** 70% of students will score 70% or above.

Benchmark 1.1 Direct assessment via a set of questions that allow evaluation of how well students improved their understanding of core physiological concepts in the Applied Exercise Physiology course  
Course: KIN 4368; Assessment Method: Pre/Post Survey

Direct assessment via a set of questions that allow evaluation of how well students improved their understanding of core exercise physiology concepts throughout the course KIN 4368. The core concepts include physiological responses to acute and chronic exercise, and physiological changes with ageing and disease. To evaluate competency, a set of questions testing knowledge of the core concepts will be given at the start and conclusion of the semester. Improved understanding of the core concepts will be reported as a percentage of individuals that improved their knowledge from pre- to post-evaluation.

**Survey - Student** - Students will demonstrate psychological knowledge and competency on the final exam or final capstone requirement in Exercise and Sport Psychology.  
(Active)

**Criterion:** 70% of students will score 70% or above.

Benchmark 1.2 Direct assessment via a set of questions that allow evaluation of how well students improved their understanding of core exercise and sport psychology concepts throughout the course  
Course: KIN 3318; Assessment Method: Pre/Post Survey

Direct assessment via a set of questions that allow evaluation of how well students improved their understanding of core exercise and sport psychology concepts throughout the course. These ten core concepts include: (1) goal setting; (2) concentration (3) motivation, (4) anxiety-performance, (5) arousal-performance relationships, (6) self-confidence, (7) team cohesion, (8) personality, (9) imagery, and (10) burnout. To evaluate competency, a set of questions testing knowledge of the core concepts will be given at the start and conclusion of the semester. Improved understanding of the core concepts will be reported as a percentage of individuals that improved their knowledge from pre- to post-evaluation.
Degree Program - AS - Kinesiology (BS)

Related Documents:
BS in Kinesiology Benchmark 1.2 for 3318.docx

Survey - Student - Students will demonstrate their understanding of core motor behavior concepts throughout the course (KIN 3303 or 3314). (Active)

Criterion: 70% of students will score 70% or above.

Benchmark 1.3 Direct assessment via a set of questions that allow evaluation of how well students improved their understanding of core motor behavior concepts throughout the course
Course: KIN 3303 or 3314; Assessment Method: Pre/Post Survey

Direct assessment via a set of questions that allow evaluation of how well students improved their understanding of core motor behavior concepts throughout the course (KIN 3303 or 3314). The core concepts include factors that influence learning and theories of motor behavior (KIN 3303) or lifespan development, individual differences, and motor skill assessment (KIN 3314). To evaluate competency, a set of questions testing knowledge of the core concepts will be given at the start and conclusion of the semester. Improved understanding of the core concepts will be reported as a percentage of individuals that improved their knowledge from pre- to post-evaluation.

Student Learning Outcome:  Kinesiology BS 2

Design and implement exercise programs to improve physical function in diverse populations and health conditions.

Outcome Status: Active
Outcome Type: Student Learning
Start Date: 08/24/2015

Assessment Methods

Students will demonstrate knowledge pertaining to exercise technique and prescription on the final exam or final capstone requirement in Science and Practice of Strength Training (Active)

Criterion:

Benchmark 2.1 Students will demonstrate knowledge pertaining to exercise technique and prescription on the final exam or final capstone requirement in Science and Practice of Strength Training
Course: KIN 3322; Assessment Method: Practical

75% of students will demonstrate performance competence and appropriate prescription application during a practical evaluation by scoring 75% or above on a standardized rubric.

Related Documents:
BS in Kinesiology SLO#2 Benchmark 2.1 Rubric.docx

Survey - Student - Students will identify safe exercise prescription practices for aerobic and anaerobic activities for children, healthy adults, and an aging population (Active)

Criterion: 50% improvement from a standardized pre-post competency examination.

Benchmark 2.2 Students will identify safe exercise prescription practices for aerobic and anaerobic activities for children, healthy adults, and an aging population
Course: KIN 3305 & 3368; Assessment Method: Pre/Post Survey

There will be a 50% improvement from a standardized pre-to post competency examination addressing safe exercise practices and needed knowledge for effective exercise prescription using the Guidelines from the American College of Sports Medicine.
Degree Program - AS - Kinesiology (BS)

Pre/post survey’s addressing competency in prescribing exercise given before lectures begin and at the end of the year.

Students will demonstrate knowledge, leadership, and professionalism while conducting laboratory skills on the final practical exams in Applied Exercise Physiology labs. (Active)

Criterion: 75% of students will perform laboratory skills professionally and accurately during a practical evaluation by scoring 75% or above on a standardized rubric.

Benchmark 2.3 Students will demonstrate knowledge, leadership, and professionalism while conducting laboratory skills on the final practical exams in Applied Exercise Physiology labs
Course: KIN 4368; Assessment Method: Practical Evaluation

Related Documents:
BS in Kinesiology SLO#2 Benchmark 2.3.docx

Student Learning Outcome: Kinesiology BS 3

Write clearly and effectively in order to communicate within a professional health-care setting.

Outcome Status: Active
Outcome Type: Student Learning
Start Date: 08/24/2015

Assessment Methods

Students will demonstrate competence in the capstone in various writing assignments in Science and Practice of Strength Training. (Active)

Criterion: 70% of students will score 70% or above.

Benchmark 3.1 Students will demonstrate competence in various writing assignments in Science and Practice of Strength Training
Course: KIN 3322; Assessment Method: Writing Assignments

Related Documents:
BS in Kinesiology SLO#3 Benchmark 3.1.docx

Students will demonstrate competence in various writing assignments in Management in Kinesiology Programs (Active)

Criterion: 70% of students will score 70% or above

Course: KIN 4372; Assessment Method: Writing assignments
Related Documents:
BS in Kinesiology SLO#3 Benchmark 3.2 Rubric.docx

Students will demonstrate effective oral communication skills in Physiological Application of Nutrition to Exercise and Physical Activity (Active)

Criterion: 70% of students will score 70% or above on assessment.

Benchmark 3.3 Students will demonstrate effective oral communication skills in Physiological Application of Nutrition to Exercise and Physical Activity
Course: KIN 3347; Assessment Method: Individual and team presentations

Related Documents:
BS in Kinesiology SLO#3 Benchmark 3.3.docx
### Degree Program - AS - Kinesiology (BS)

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