

# Assessment: Assessment Plan

## Degree Program - AS - Kinesiology (BS)

**CIP Code:** 26.0908.00

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**Modality:** Face-to-Face

### 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 3306; 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 3306. 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.

**Related Documents:**

[BS in Kinesiology Benchmark 1.1 3306 questions.docx](#)

**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

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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

**Related Documents:**

[BS in Kinesiology Benchmark 1.2 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.

**Related Documents:**

[BS in Kinesiology Benchmark 1.3 3303.docx](#)

## 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

**Additional Assessment Component:** Communication Literacy

### Assessment Methods

Students will demonstrate knowledge pertaining to exercise technique and prescription on the final exam or final capstone requirement in Advanced Strength and Conditioning (Active)

**Criterion:** Benchmark 2.1 Students will demonstrate knowledge pertaining to exercise technique and prescription on the final exam or final capstone requirement in Advanced Strength and Conditioning

Course: KIN 4305; 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:**

[Previous and no longer used BS in Kinesiology Benchmark 2.1 3322 docx](#)

**Post-Test** - (CL) pre-test and post-test (Active)

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

Benchmark 2.2 Students will identify safe cardiopulmonary exercise testing methods and demonstrate competency in prescribing exercise for healthy and diseased individuals.

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Course: KIN 3306; Assessment Method: Pre/Post Survey

**Related Documents:**

[Previous and no longer used BS in Kinesiology Benchmark 2.2 3305 and 3368.docx](#)

(CL) 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 3306; Assessment Method: Practical Evaluation

**Related Documents:**

[BS in Kinesiology Benchmark 2.3 3306.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

**Additional Assessment Component:** Communication Literacy

### Assessment Methods

Students will demonstrate competence in the capstone in various writing assignments in Advanced Strength and Conditioning. (Active)

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

Benchmark 3.1 Students will demonstrate competence in various writing assignments in Advanced Strength and Conditioning  
Course: KIN 4305; Assessment Method: Writing Assignments

**Related Documents:**

[Previous and no longer used BS in Kinesiology Benchmark 3.1.docx](#)

(CL) Students will demonstrate competence via a variety of writing assignments in KIN 3346 Anatomical Kinesiology. Students will articulate on content of research articles and comment on their experience in a professional work setting. (Active)

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

Course: KIN 3346; Assessment Method: Writing assignments

**Related Documents:**

[Previous and no longer used BS in Kinesiology Benchmark 3.2. 4372 docx](#)

(CL) 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.

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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:**

[Previous and no longer used BS in Kinesiology Benchmark 3.3 3347 doc](#)