



**Program Name: Exercise Science**

**Assessed by: Stephen E. Wirick, PhD**

**Date/Cycle of Assessment: Submitted on 10/17/2019;  
Reporting cycle of August 2018 – July 2019**

**Mission Statement:**

The Malone University Department of Science and Mathematics exists to engage students in the study of God’s majesty and character by exploring His handiwork as it is revealed in Nature, both animate and inanimate; to promote the wise and thoughtful stewardship of the natural resources He has entrusted to us; and to encourage students to demonstrate God’s love in their respective communities by using the knowledge and skills they acquire here.

**Program Goals:**

- Understand the physiological and behavioral foundations of physical activity, health and fitness.
- Explain the impact of physical activity, exercise, and sport on the health of individuals, groups, and communities.
- Promote basic and applied research on health, disease prevention, human behavior, and human performance.
- Assess the educational and fitness needs of individuals, groups and communities to promote health and human performance.
- Implement strategies to help individuals, groups, and communities to maintain and enhance physical performance, fitness, health, and quality of life.
- Study the structural, functional and behavioral phenomena related to health and exercise behavior in sport, clinical, and community settings.

## MALONE UNIVERSITY ANNUAL ASSESSMENT REPORT

**Department:** *Science and Mathematics*  
**Program:** *Exercise Science*  
**Assessed by:** *Stephen E. Wirick, PhD*  
**Time Period Covered:** *August 2018 – July 2019*  
**Submission Date:** *10/17/2019*

Program Intended Learning Outcomes (PILO)	Means of Program Assessment & Criteria for Success	Summary of Data Collected	Use of Results
Demonstrate understanding of anatomical, kinesiological, and physiological concepts of exercise science	Direct: -Pre-test in EXSC 103 -Post-test in EXSC 435 -Criteria: 80% on post-test  Indirect: -Senior exit survey -Criteria: 80%	N=8, Mean = 58.2, 50.60% N=8, Mean = 96.4, 83.80%  N=8, Mean = 4.25, 85%	Our students are consistently reaching the benchmark of 80% on the post-test which is correlating well to their success in passing certification exams in the exercise science field and acceptance into graduate programs. Students generally feel well equipped to pursue careers in the exercise science profession
Demonstrate knowledge of the prevention, care, treatment, and rehabilitation of injuries	Direct: -Pre-test in EXSC 101 -Post-test in EXSC 435 -Criteria: 80% on post-test  Indirect: -Senior exit survey -Criteria: 80%	N=8, Mean = 58.2, 50.60% N=8, Mean = 96.4, 83.80%  N=8, Mean = 4.25, 85%	Our students are consistently reaching the benchmark of 80% on the post-test which is correlating well to their success in passing certification exams in the exercise science field and acceptance into graduate programs. Students generally feel well equipped to pursue careers in the exercise science profession
Demonstrate ability to assess fitness needs of individuals and groups	Indirect: -Internship evaluation -Criteria: 80%	N=8, Mean = 3.75, 93.75%	Our students continue to receive exceptional evaluations from their supervisors at the internship sites. We continue to develop strong relationships with area hospitals, private PT practices, fitness centers, and corporate facilities.
Demonstrate ability to plan effective exercise prescriptions for various populations	Indirect: -Internship evaluation -Criteria: 80%	N=8, Mean = 3.75, 93.75%	Our students continue to receive exceptional evaluations from their supervisors at the internship sites. We continue to develop strong relationships with area hospitals, private PT practices, fitness centers, and corporate facilities.

The Exercise Science program completed its *program review* during the spring 2019 semester. The external reviewers are scheduled to visit campus this fall of 2019 and submit their report by Dec. 1. In addition to having traditional academics review our program, we have invited a local industry leader to join the process and offer an industry-specific perspective. We are excited about this novel approach to evaluating our program and we are looking forward to their constructive feedback. We feel this will greatly enhance our exercise science program and improve outcomes for our students.