



Program Name: Exercise Science

Assessed by: Stephen E. Wirick, PhD

**Date/Cycle of Assessment: Submitted on 11/16/2020;
Reporting cycle of August 2019 – July 2020**

Mission Statement:

The Malone University Department of Natural Sciences 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: *Natural Sciences*
Program: *Exercise Science*
Assessed by: *Stephen E. Wirick, PhD*
Time Period Covered: *August 2019 – July 2020*
Submission Date: *11/16/2020*

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 436 -Criteria: 80% on post-test Indirect: -Senior exit survey -Criteria: 80%	N=14, Mean = 56.4, 49.04% N=14, Mean = 94.2, 81.91% N=14, Mean = 4.5, 90%	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 436 -Criteria: 80% on post-test Indirect: -Senior exit survey -Criteria: 80%	N=14, Mean = 56.4, 49.04% N=14, Mean = 94.2, 81.91% N=14, Mean = 4.5, 90%	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=14, Mean = 3.50, 87.5%	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=14, Mean = 3.50, 87.5%	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. Below are the suggestions from the external reviewers regarding assessment, which we are in the process of evaluating and implementing:

We suggest a three-pronged approach to assessment, building on some of the mechanisms already in place and adding one additional assessment tool. These three tools aim to assess curriculum content, applicability of content, and post graduate marketability of the Exercise Science degree from Malone.

- **Curriculum content:** First, we suggest a pre-test post-test given to freshmen and Senior majors based on questions from current NSCA and ACSM certification exams. Drawing questions from these exams heightens the objectivity and applicability of the pre/post-test to industry standards. Currently the Exercise Science program is using a similar pre/post-test model, but the questions are drawn from a variety of exams within the department. We would suggest a migration to questions from NSCA and ACSM certification exams.
- **Applicability:** Secondly, consider a post treatment survey completed by faculty/staff participating in EXSC 461 (Exercise Prescription). In this class students are paired with a faculty or staff member who they assess, prescribe, and lead exercise with/for, during the semester. The program can receive valuable firsthand feedback on the quality of care received during this class experience through a well-crafted questionnaire.
- **Graduate marketability:** The final method of assessment we suggest is a post graduate survey sent to recent graduates asking pertinent questions about current status in the industry as related to the preparation they received at Malone in Exercise Science. Likely, the biggest hurdle to such a survey is consistent participation. We would suggest creative ways to motivate former students in participation.