

**Assessment Diagram of the
Exercise and Sport Science Major**
Learning Outcomes, Curriculum Map and Assessment Overview

| Institutional Learning Outcome | Mission Statement Component | Kinesiology Dept. Learning Outcome | Learning Outcome | Curriculum Map | | | Method of Assessment | Criteria for Success |
|---|---|--|---|--|--|--|--|--|
| | | | | Introduced | Reinforced | Mastered | | |
| Learning: <i>Informed by our Christian Faith</i> Members of the PLNU community will: <ul style="list-style-type: none">display openness to new knowledge and perspectivesthink critically, analytically, and creatively andcommunicate effectively |learning community where minds are engaged and challenged | Students will engage and demonstrate competence in current knowledge in human movement, physical fitness and allied healthcare; evidenced by the ability to critically evaluate, creatively apply and effectively communicate essential information in their discipline. | Explain the health benefits associated with physical activity and exercise and the health consequences associated with inactivity. | See <i>Conscious Competence</i> document for overview: | | | *Self-reflection/Nutritional Analysis (PED 200) * Case study analysis (EXS 350) * Lesson Plan (PED 308) | 85% of students will score 3 or higher on assessment rubric |
| | | | | PED 200 | EXS 201 EXS 370 EXS 330 PED 308 | EXS 350 KIN 340 | | |
| | | | Describe the metabolic, physiologic, biomechanical, and developmental mechanisms by which participation in physical activity aids in health promotion and disease prevention. | KIN 280 | ATR 385 KIN 312 EXS 330 | KIN 327 KIN 340 | *Final Concept Map/Paper (KIN 340) *Article Critiques (KIN 280) | 85 % of students will score 3 or higher on AACU written rubric |
| | | | Critically evaluate and integrate new information into professional practice in order to solve relevant health problems | KIN 101 EXS 201 | EXS 370 | EXS 350 EXS 330 KIN 440 | *case study analysis (EXS 350) *ParQ risk assessment (EXS 201) | 85% of students will score 3 or higher on assessment rubric |
| Growing: <i>In a Christ-Centered Faith Community</i> Members of the PLNU community will: <ul style="list-style-type: none">demonstrate God-inspired development and understanding of self and otherslive gracefully within complex environmental and social contexts |character is modeled and formed | Students will demonstrate an appreciation for the beauty and gift of the human body—and the benefits of optimal health and physical fitness—by actively pursuing a healthy lifestyle. | Speak and write effectively to a target audience on the prevention and intervention of relevant health problems | KIN 101 ATR 385 | PED 200 EXS 350/L | PED 308 KIN 312 EXS 340 ATR 410 | * Oral Presentations (KIN 312, PED 308) * Literature Review (KIN 101) * Final Concept Map/Paper (KIN 340) | 85% of students will score 3 or higher on assessment rubric |
| | | Students will apply their emerging knowledge for the benefit of their clients, patients and the community. | Design an exercise or strength training program to enhance all components of fitness, promote health and optimize performance. | EXS 201 | EXS 350/L KIN 327 | EXS 370 ATR 410 | * Strength and Conditioning Program (EXS 370) *I am my first client project (EXS 350) | 70% of students will be able to create a strength training program from pre-season to post season |
| Serving: <i>In a Context of Christian Faith</i> Members of the PLNU community will: <ul style="list-style-type: none">engage in actions that reflect Christian discipleship in a context of communal service and collective responsibilityserve both locally and globally. |service becomes an expression of faith | Students will serve others in clinical, educational and/or athletic settings as they live out their vocation & calling. | Serve various populations, integrating compassionate care and the Christian faith with their professional practice | KIN 101 PED 220 PED 225 | EXS 350 EXS 480 | KIN 484/488 | *Purpose driven life/Professional reflection *Self-reflection journals *Professor/Preceptor student evaluation | 80% exhibited compassionate care and upheld Christian values during their clinical internship/practicum experience |