

Exercise and Sport Science Program (Multi-Year Assessment Plan)

Outcome	Measure	Fall	Spring	Course	Who Will Measure	Criteria for Success
Explain the health benefits associated with physical activity and exercise and the health consequences associated with inactivity.	<i>Direct:</i> <i>Written Communication Rubric</i>	Fall 2017	Spring 2016	EXS 350 KIN 340	Davis Sawyer-Dexheimer	80% of EXS majors will score a 3 or better on the Written Communication Rubric
Describe the metabolic, physiologic, biomechanical, and developmental mechanisms by which participation in physical activity aids in health promotion and disease prevention.	Direct: Written Communication Rubric	Fall 2016	Spring 2016, 2017	KIN 340	Sawyer-Dexheimer	80% of EXS majors will score a 3 or better on the Written Communication Rubric
Critically evaluate and integrate new information into professional practice in order to solve relevant health problems	Direct: ParQ Risk Rubric	Fall 2016	--	EXS 201	Davis	90% of EXS majors will score a 3 or better on the ParQ Risk Rubric
Speak and write effectively to a target audience on the prevention and intervention of relevant health problems	Direct: Written Communication Rubric Oral Communication Rubric	Fall 2017	Spring 2016	KIN 101 KIN 340 KIN 312	Ward Sawyer-Dexheimer Anderson	80% of EXS majors will score a 3 or better on the Written and Oral Communication Rubrics
Design an exercise or strength training program to enhance all components of fitness, promote health and optimize performance.	Direct: ?		Spring 2017	EXS 370	Peterson Dexheimer	70% of students will be scored as proficient on rubric for strength training program
Serve various populations, integrating compassionate care and the Christian faith with their professional practice	Indirect: Alumni Survey	Fall 2017		KIN 484 KIN 488	Dexheimer Davis Anderson Ganz	80% exhibited compassionate care and upheld ethical values during their clinical internship/practicum experience