

## ASSESSMENT WEBSITE INFORMATION

**College: Education**

**Degree Program: Exercise Science BS**

**Chair/Director: Jim Stillwell/Marla Graves**

### 2012 Report

#### **DATA SAY:**

When the Exercise Science Assessment Committee examined the curriculum map for the BS in Exercise Science Program, it was clear that there is no capstone assessment that gages the amount of learning that has taken place in the major courses. Though students clearly demonstrate comprehension of knowledge and skills in the senior Practicum course ES 4843, that class currently has no knowledge-based test. The committee has decided to incorporate a comprehensive knowledge-based, pre/post-test, termed the Comprehensive Exercise Science Examination [CESE] to be used beginning with the 2012-2013 academic year. Exercise Science students are required to follow a course sequence and enroll in specific classes the fall and spring of their junior and senior years.

The pre-test will be conducted Fall 2012 in the junior level class ES 3653 Techniques of Aerobic Conditioning at the beginning of the semester (within the first two weeks of class). The post-test will be conducted Spring 2014 in the senior capstone course, ES 4843 Practicum/Pre-internship the last week of the semester

#### **SO WHAT:**

Because Exercise Science students are not required to pass a national board certification or to gain licensure to practice as an exercise specialist, there must be some measure of the knowledge that is gained in the curriculum, as a whole, to ensure students are learning and retaining content that will allow them to become certified through various national certifying bodies, such as the American College of Sports Medicine [ACSM] and the National Strength and Conditioning Association [NSCA]. These certifications significantly improve students' marketability.

#### **HOW WE CHANGED:**

We are currently collecting questions to develop the CESE. All HPESS faculty who teach exercise science classes are in the process of submitting questions for the exam. Questions are to be based on content delivered within each course, respectively. Questions submitted will be reviewed by the Exercise Science Assessment Committee in August 2012. Those questions that reflect knowledge that is required for ACSM and NSCA certifications will be the focus of the exam.

(Continued)



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### **WHAT WE GOT:**

**The CESE will be administered initially (pre-test) Fall 2012 in ES 3653 Techniques of Aerobics, one of the first courses all Exercise Science juniors are required to take at program entry. The CESE will be administered a second time (post-test) Spring 2014 in ES 4843 Practicum/Pre-internship. This assessment will provide the data necessary to gage the knowledge and skills that students have retained from their two years of course work. This data will provide valuable insight regarding a student's potential ability to pass a national certification exam.**



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### **DATA SAY:**

**Exercise Science has seen significant increases in enrollment in the past two years. Based on survey data obtained from clients that participate in the senior Exercise Science capstone class ES 4843, Pre-Internship in Exercise Science, there is overwhelming client satisfaction.**

**One recommendation given by a client to possibly improve the program/class were to add multiple assessment points throughout the semester (currently there are only two – one the beginning of the program and one at the end). Another client desired more feedback/explanation from the student trainer regarding the exercise prescription after the program was completed.**

### **SO WHAT:**

**These data support a few learning outcomes:**

- 1) Students can teach/demonstrate exercise**
- 2) Students can write appropriate exercise prescription**

### **HOW WE CHANGED:**

**Faculty met and discussed creating an ‘entrance/exit’ exam using test questions from course exams. It was agreed that a more valid/reliable method of for assessing knowledge would be to determine if ACSM (American College of Sports Medicine) offered practice exams/questions that could be used to gage students’ learning/understanding rather than developing our own exam. We have discovered a ‘new’ ACSM Certification Review text that does contain these questions that could be used as a potential entrance/exit exam. We will attempt to implement some form of knowledge pre-test for the juniors that enter the program in the Fall of 2013 and seniors that are completing course work in the Spring of 2014.**

### **WHAT WE GOT:**

**Faculty will create an exam based on ACSM certification review questions prior to Fall 2013 semester. Seniors’ Spring 2013 Pre-internship class experience/projects will be evaluated, and client survey responses will continue to be collected and analyzed.**

