

Academic Program Outcomes and Assessment Plan
Exercise Science, Physical Education and Recreation (EXPER)
Health and Fitness Certification for the Department of Corrections (DOC)
School of Health Sciences and Human Movement
Colorado State University Pueblo
Fall 24 to Spring 27
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School of Health Sciences and Human Movement Mission, Vision and Goals

HSHM Vision:

To be the peoples' choice for Health Science and Human Movement degree programs through the delivery of innovative instruction to establish diverse professionals.

HSHM Mission:

The School of Health Science and Human Movement's mission provides broad theory-based foundations which incorporate laboratory and field-based learning opportunities that offer real-world experience, training, inter-professional education, and mentoring. Our diverse students develop skills that promote healthy lifestyles and fitness. Students graduate ready to seek employment or pursue advanced education in fields of health science, human movement, or related professions. Graduates are ethical and productive contributors to the health and well-being of their communities.

Program Goals: (goals that align with and help us achieve the mission possible SLO's):

- a. Provide coursework that prepares students to effectively work in careers with diverse populations and cultures, and that adequately prepares students for advanced education in a dynamically changing health science and human movement community.
- b. Use relevant and best practice pedagogy, activities and assessments which connect students to the workforce/community.
- c. Engage in the use of current technologies in preparing students for the health and human movement-related needs of the future.
- d. Expose students to contemporary ethics and cultural issues they will encounter in the health science and human movement work force.

Student Learning Outcomes for the Health and Fitness Certification

Exercise Science, Physical Education, and Recreation students will:

1. Possess content knowledge and skills necessary for their perspective fields of study.
2. Exhibit the ability to read and interpret scientific research with application of the scientific methods, statistics, study design, and reporting;
3. Evaluate and integrate critical concepts and skills acquired in the EXPER program to common professional problems in the fields of interest;

Assessment of the Health and Fitness Certification Student/Program Outcomes

Student level assessment will take place in individual courses through a variety of methods. The EXPER curriculum map details the specific courses and types of assessment used for each outcome at the individual student and course level.

If more than 30% of the students in each program do not successfully achieve (standard score of 70% or better) a specific student outcome, the courses identified with that outcome will be reviewed and program/curriculum changes may be suggested and implemented.

The student outcomes are measured and assessed through several techniques:

- Appropriate coursework in key courses (measures outcomes 1, 2, 3)
- Assessment and examinations (measures outcomes 1, 2, 3)
- Evaluations of teaching and own personal fitness assessments (measures outcome 1, 3)
- Student exit surveys (measures outcome 1) (we will collect this year after all classes are taught)

Assessment Cycles, Analysis, Reporting and Improvement

- Data for content knowledge for SLO will be collected from appropriate coursework in classes.
- Students are asked to complete pre/post assessment in each class lasting 5 weeks. All assessments receive feedback on the quality and usefulness of the assessment for professional preparation (measures program effectiveness from student's perspective).
- Assessment reports will be provided to the departmental Advisory Committee and the faculty. The faculty will meet yearly in the fall semester regarding the assessment information and will plan for future assessment and make suggestions for any possible changes for program improvement.
- Assessment materials will be collected, analyzed and reported on yearly as follows:
 - I. Behavior Change Project scores assessments (SLO 1, 2, 3)
 - II. Pre/Post fitness assessments (SLO 1, 2, 3)
 - III. End of program exam (SLO 1, 3)
 - IV. Exit survey (SLO 1)

Cycle 1 2024-2025: Behavior Change Project Scores

Cycle 2 2025-2026: Pre/Post fitness assessments

Cycle 3 2026-2027: End of program exam and exit survey

Additional Information Regarding the Behavior Change Project Assessment Scores

- **Behavior Change Project**

Students will be required to select a personal behavior for change and then design and implement a behavioral change plan to be updated as the semester proceeds. The completed project will consist of a behavior change plan, a demonstration of conceptual knowledge, goals and objectives, measure of progress, and evaluation presented in a written format. An outline for the project and a rubric will be provided.

Additional Information Regarding Program Assessment Activities

- In addition to course assessment, which is inherent in the core/option requirements, prior to receiving a grade in the class, each student must complete a pre/post assessment, which includes:

Nutrition, Behavior and Exercise Rx	Nutrition, Behavior and Exercise Rx
Group and Individual Fitness Implementation	Implementation rubric and reaction paper
Group and Individual Fitness Implementation	Implementation rubric and reaction paper
Group and Individual Fitness Implementation	Implementation rubric and reaction paper
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Group and Individual Fitness Implementation	Implementation rubric and reaction paper
Post assessments/ Exam and reflection	Complete post assessments, exam and final reflection

- End of Program Exam will be given in the last class. The exam will be a comprehensive exam over the entire program and class they attended. The exam will be a total of 50 with 10 questions asked from each class emphasis (5 classes) including Personal Fitness, Personal Health, Behavior Facilitation, Methods of Fitness Instruction and Weight Lifting.
- The Exit Survey will be given to each student for evaluation of the program and feedback on quality and usability of the courses and information on improvement of the program.