



Health and Human Performance, General [BS] [HHPG]

Cycles included in this report:
Jun 1, 2022 to May 31, 2023

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Program Name: Health and Human Performance, General [BS] [HHPG]**Reporting Cycle: Jun 1, 2022 to May 31, 2023****1 Is this program offered via Distance Learning?**

100% Traditional or less than 50% Distance/Traditional

2 Is this program offered at an off-site location?

No

2.1 If yes to previous, provide addresses for each location where 50% or more of program credits may be earned.**3 Example of Program Improvement**

2018-2019:

100% of students passed the American Red Cross First Aid Certification Exam.

2019-2020:

2020-2021:

The last time assessment data were reported for the HHP 458, 459, and 460 case study (field #13), the percentage of students achieving a score of 80% or higher was 92% (70/76). For this reporting cycle, the percentage was 100% (51/51). The internship courses are designed to be a culmination of all the academic success the student has experienced in their time as undergraduate students. These internships provide the students with real world experience and the case studies they perform act as a measuring stick for how well these students can apply the knowledge they have amassed to what they observe in the field. An overall improvement in student scores reflects an increase in the programs success for preparing students for real world experiences.

2021-2022:

Lower scores being found in HHP 331 and 345 assessments has driven the program to look for ways to improve the level of knowledge students possess in basic human anatomy and physiology. The visible bodies software program was purchased by the department and will be used in multiple courses within the program including HHP 331 and 345 as both a teaching and study tool. The software includes programs that will allow for students to review human anatomy and physiology subject matter that has been found to be a weakness in students as well as give the instructors an interactive program to use in the classroom during review and introduction of new material.

The usage of this software will begin during summer 2022 and analyzation of its effect will be observed in the 2022-2023 assessment data collection.

2022-2023:

There has been an increase in students reaching the benchmark in HHP 331 and 345. We believe this improvement has been from utilizing more technology tools and increasing communication with students. With the changes in procedures for the HHP 458, 459, and 460 courses, we will analyze our students' success with new procedures, assessments, and benchmarks over the next two academic years.

4 Program Highlights from the Reporting Year

2018-2019:

Set new enrollment records in all 3 concentrations.

2019-2020:

2020-2021:

Showed minimum loss in enrollment through hurricane and COVID changes.

2021-2022:

With the reopening of the legacy center the program has developed two laboratory areas for student use, including one that focuses on exercise physiology and one that is designed to be a mock allied health clinic. These two laboratory areas have been integrated into all of the concentrations included under the Health and Human Performance, General degree. The laboratory areas have provided an environment that allows for hands on experience and an increase in the learning of real-world skills through learning by doing.

2022-2023:

Lab courses have been created for multiple courses in the department to increase the knowledge of skills with hands-on learning.

5 Program Mission

The mission of the General Concentration programs in the Department of Health and Human Performance include the following: 1) preparation of workers in the field of health promotion; 2) preparation of students for success in physical therapy school; 3) preparation of students for graduate studies in health and human performance; 4) exposure of students to professional activities; and, 5) the provision of leadership in community activities.

6 Institutional Mission Reference

The program supports the University's mission of: 1) providing a baccalaureate curriculum distinguished by academic excellence; 2) promoting student success; 3) promoting university-community linkages; 4) cultivating skills necessary for critical thinking and effective expression; 5) gaining an understanding of the multicultural global community; and, 6) developing a sense of ethical and civic responsibility along with specific knowledge of the chosen discipline.

7 Assessment and Benchmark HHP 111 First Aid and CPR/AED Final Exam

Assessment: Students will show competence in the skills required by the American Red Cross for First Aid and CPR/AED by successfully completing the comprehensive final exam in HHP 111.

Benchmark: 75% of students will pass the HHP 111 First Aid and CPR/AED final exam with a score of at least 85%.

Prior to 2021-2022, the benchmark was 90% of students must pass the American Red Cross First Aid Certification Exam with a score of at least 80%.

Outcome Links**Health Related Fitness and First Aid [Program]**

Graduates will identify components of health related fitness and first aid and apply them in various contexts.

7.1 Data

Academic Year	Students scoring 80% or higher		Benchmark met?
	#	%	
2017-2018	201/201	100%	Yes
2018-2019	170/173	98.2%	Yes
2019-2020	—	—	—
2020-2021	286/310	92.2%	Yes

Academic Year	Students scoring 85% or higher		Benchmark met?
	#	%	
2021-2022	167/181	92%	Yes
2022-2023	120/128	93.7%	Yes

7.1.1 Analysis of Data and Plan for Continuous Improvement

2018-2019:

HHP will require a score of 90% or higher to meet this standard.

2019-2020:

2020-2021:

No American Red Cross First Aid Certification Exam exist for basic CPR/AED certification, only for the advanced certifications. While advanced certifications are offered as a part of this course all students take the final exam provided by the American Red Cross, though this exam does not directly reflect certification it was seen as a better representative of the student population participating in the course. Future benchmark will reflect this change as well as increasing the score to that of at least 85%.

2021-2022:

Students were able to reach the benchmark set for the course during the 2021-2022 year. During this reporting year the final examination was given as an online exam through Moodle. This exam is being transitioned back into an in-person exam with the reopening of the legacy center, once the exam is given fully in person the ability of the students to reach the benchmark will be reassessed and changes to the exam and or benchmark will be assessed and applied.

2022-2023:

Students reached the benchmark set for the course during the 2022-2023 academic year. The final examination was transitioned back to an in-person exam since returning to The Legacy Center. Due to continued success of students reaching the benchmark, the benchmark goal will now be that 75% of students must pass the American Red Cross First Aid, CPR/AED Final Exam with a score of at least 90%.

8 Assessment and Benchmark HHP 122 Final Exam

Assessment: Students will show a competent understanding of personal and community health, public health services, basic nutrition, family life education, and prevention and disease control fundamentals in HHP 122.

Benchmark: 70% of students will score an 80% or higher on the comprehensive final exam.

Outcome Links

Health Related Fitness and First Aid [Program]

Graduates will identify components of health related fitness and first aid and apply them in various contexts.

8.1 Data

Academic Year	Students scoring 80% or higher		Benchmark met?
	#	%	
2021-2022	224/260	86%	Yes
2022-2023	163/189	86.2%	Yes

8.1.1 Analysis of Data and Plan for Continuous Improvement

2021-2022:

Benchmark was successful. Plan to continue using Connect platform. Will incorporate more of a variety of assignment options in the course through the Connect platform. Current benchmark will remain for next assessment cycle. If scores remain high, benchmark will be reassessed.

2022-2023:

Benchmark was met. Plan to continue using Connect platform, variety of assignments, and communicating with students. Benchmark will increase to 75% of students scoring an 82% or better on the comprehensive final exam.

9 Assessment and Benchmark HHP 124 Health and Fitness Programs

Assessment: Students will be able to identify components of health-related fitness and design programs to improve these components, which is gauged by embedded questions on exams in HHP 124.

Benchmark: 80% of students will correctly answer 80% of embedded questions on exams in HHP 124.

Prior to 2022-2023, the benchmark was 75% of students will correctly answer 80% of embedded questions on exams in HHP 124.

Prior to 2021-2022, the benchmark was 70% of students will correctly answer 80% of embedded questions on exams in HHP 124.

Prior to 2020-2021, the benchmark was 70% of students will be able to identify components of health-related fitness and design programs to improve these components.

Outcome Links

Professional Experience & Participation [Program]

Graduates will observe and participate in internship, community, service, and campus service experiences and make sound judgments in academic and professional environments.

9.1 Data

Academic Year	Students answering 80% of embedded questions correctly		Benchmark met?
	#	%	
2018-2019	186/206	90.2%	Yes
2019-2020	—	—	—
2020-2021	69/83	72%	Yes
2021-2022	139/156	89%	Yes
2022-2023	75/116	64.6%	No

9.1.1 Analysis of Data and Plan for Continuous Improvement

2018-2019:

Simulated labs including application of health-related fitness components are now administered via McGraw-Hill Fitness Connect package. This will be a benchmark year collecting data.

2019-2020:

2020-2021:

The benchmark was modified to produce accurate data. The benchmark now indicates that 70% of students must answer 80% of the embedded questions correctly, as where the original benchmark did not indicate a number of the embedded questions that needed to be answered correctly. The benchmark will be revised in the future to 75% of students scoring 80%.

2021-2022:

The benchmark was successful. The benchmark will be increased to 80% of students answering 80% of embedded questions correctly.

2022-2023:

Benchmark was not met. Beginning in Fall 2023, at least one section of the course will be taught in-person to hopefully improve the benchmark success rate.

10 Assessment and Benchmark HHP 331 Human Movement

Assessment: Students will be able to demonstrate ability to anatomically analyze human movement and identify the muscles producing the action.

Benchmark: 85% of students will earn a score of 40/50 on the mechanical analysis rubric.

Prior to 2017-2018, the benchmark was 80% of students will earn a score of 40/50 on the mechanical analysis rubric.

Files: See list of attachments to view. (Requires Adobe Reader or compatible viewer).

Mechanical Analysis Rubric

Outcome Links

Human Movement [Program]

Graduates demonstrate ability to properly analyze human movement and utilize laboratory equipment to demonstrate selected motor learning principles.

10.1 Data

Academic Year	Students earning 40/50	
	#	%
2013-2014	55/60	91.6%
2014-2015	49/57	85.9%
2015-2016	69/75	92%
2016-2017	99/104	95%
2017-2018	69/72	95.83%
2018-2019	96/114	84.2%
2019-2020	—	—
2020-2021	21/55	38%
2021-2022	47/95	49%
2022-2023	76/83	91.5%

10.1.1 Analysis of Data and Plan for Continuous Improvement

2018-2019:

Expected outcome will increase to 90%.

2019-2020:

2020-2021:

Due to the complications created by COVID 19, the two hurricanes that struck Lake Charles, and the freezing conditions that resulted in cancelation of school, students were not able to participate in key laboratory exercises that would have aided with the analyzation of human movement. The return to face-to-face instruction will allow for the hands-on activities that were unavailable this academic year, it is believed that this lack of tactile learning contributed to the inability of the student population to reach the benchmark in this course.

Measurements that focused on theory rather than application remained constant with the online only courses while students struggled with application knowledge through out the course.

2021-2022:

Benchmark was not successful. New learning technology (Visual Body Software) will be incorporated into lesson planning as well as a tool for student study.

2022-2023:

Benchmark was met. Will continue to incorporate new learning technology and additional tools for student success. Benchmark will remain the same.

11 Assessment and Benchmark HHP 345 Final Exam

Assessment: Students will be able to demonstrate base physiological knowledge on Bioenergetics, Cardiorespiratory Systems, and Skeletal Muscle Physiology.

Benchmark: 70% of students will score an 80% or higher on the final exam.

Outcome Links

Human Movement [Program]

Graduates demonstrate ability to properly analyze human movement and utilize laboratory equipment to demonstrate selected motor learning principles.

11.1 Data

Academic Year	Students scoring 80% or higher		Benchmark met?
	#	%	
2021-2022	31/73	42%	No
2022-2023	54/75	72%	Yes

11.1.1 Analysis of Data and Plan for Continuous Improvement

2021-2022:

Incorporation of Visible Bodies - software package - to reinforce content that should be learned in A&P I & II - result in improved fundamental knowledge imperative to success in Exercise Physiology.

2022-2023:

Benchmark was met. Benchmark will remain the same due to new instructor taking over the course in Fall 2023.

12 Assessment and Benchmark HHP 448 Final Research Project

Assessment: Students will complete a research project based on using the principles of motor learn within the framework of their chosen profession.

Benchmark: 70% of students will score an 80% or higher on the final research project.

Outcome Links

Professional Experience & Participation [Program]

Graduates will observe and participate in internship, community, service, and campus service experiences and make sound judgments in academic and professional environments.

12.1 Data

Academic Year	Students scoring 80% or higher		Benchmark met?
	#	%	
2021-2022	50/55	90%	Yes
2022-2023	29/31	93.5%	Yes

12.1.1 Analysis of Data and Plan for Continuous Improvement

2021-2022:

The benchmark was successful. This course is being transitioned to a new instructor. Once data has been collected for a cycle with the new instructor, the data will be analyzed to determine if the benchmark needs to be updated.

2022-2023:

Benchmark was met. Benchmark will remain the same and analyzed once the professor has taught a whole academic year.

13 Assessment and Benchmark HHP 458, 459, & 460 Internship Evaluation

Assessment: Students will complete internships and receive positive evaluations.

Benchmark: 70% of students will earn a score of 80% or higher on intern evaluation form provided by preceptor at the end of the internship process.

Files: See list of attachments to view. (Requires Adobe Reader or compatible viewer).

Intern Evaluation Form

Outcome Links

Writing [Program]

Graduates demonstrate effective writing as appropriate to health and human performance professions.

13.1 Data

Academic Year	Students with 80% or higher	
	#	%
2013-2014	—	93%
2014-2015	—	93%
2015-2016	—	95%
2016-2017	—	96%
2017-2018	—	97%
2018-2019	75/76	98%
2019-2020	—	—
2020-2021	47/51	92%
2021-2022	47/48	98%
2022-2023	57/61	93%

13.1.1 Analysis of Data and Plan for Continuous Improvement

2018-2019:

Increase number of students meeting benchmark to 90%.

2019-2020:

2020-2021:

More detailed intern evaluation form being developed to provide preceptors with a tool for more in-depth review of student performance. Preceptor input was sought and incorporated into new document development. Benchmark will remain the same until new evaluation form is collected.

2021-2022:

Departmental redesign of internship courses, processes, and prerequisites is being performed during the summer of 2022. New courses benchmarks and assessments will be developed as part of this redesign.

2022-2023:

Internship courses, processes, and prerequisites were submitted and approved with redesign to roll out in Fall 2023. New courses' benchmarks and assessment will be developed as part of this redesign and submitted in Fall 2023.

14 Assessment and Benchmark HHP 458, 459, & 460 Case Study

Assessment: Students will be able to prepare case studies.

Benchmark: 100% of students will achieve a composite score of 80% or higher on a case study prepared as a part of a capstone experience during internship.

Files: See list of attachments to view. (Requires Adobe Reader or compatible viewer).

Internship Case Study Rubric

14.1 Data

Academic Year	Students with 80% or higher		Benchmark met?
	#	%	
2018-2019	70/76	92%	Yes
2019-2020	—	—	—
2020-2021	51/51	100%	Yes
2021-2022	47/48	98%	Yes
2022-2023	—	—	—

14.1.1 Analysis of Data and Plan for Continuous Improvement

2018-2019:

New benchmark is score of 90% for case study.

2019-2020:

2020-2021:

We have no plans to revise this assessment.

2021-2022:

Departmental redesign of internship courses, processes, and prerequisites is being performed during the summer of 2022. New courses, assessments, and benchmarks will be developed as part of this redesign.

2022-2023:

Case study was discontinued due to redesign of the internship course, processes, and procedures. New assessment and benchmark to be in place before next reporting cycle addressing the two new courses replacing HHP 458, 459, and 460.

End of report