



Health and Human Performance [MS] [HHP]

Cycles included in this report:

Jun 1, 2022 to May 31, 2023

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Program Name: Health and Human Performance [MS] [HHP]

Reporting Cycle: Jun 1, 2022 to May 31, 2023

1 Is this program offered via Distance Learning?

100% Distance and 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:

Master plan expectations were increased for the following: 1) Increased from 85% to 90% for the score on the first exam in HHP 600; and 2) Increased from 91% to 92% of students selecting and utilizing appropriate statistical tools in the analysis of data.

2019-2020:

2020-2021:

100% of students successfully complete the required research projects in HHP 600, HHP 601, and HHP 622. This is a good outcome and an example of successful addition of more online-only sections of courses within the master's program as all were taught online due to COVID and hurricane issues.

2021-2022:

The benchmarks and assessments have been adjusted to better align with the current learning objectives and assignments presently taught within the courses offered. Once this assessment data has been gathered for a second year it will be analyzed for possible programmatic improvements.

2022-2023:

Continuing to analyze data for second academic year. Once this data has been input and analyzed, programmatic improvements may be implemented.

4 Program Highlights from the Reporting Year

2018-2019:

Three of 46 students taking Health Promotion Concentration totally online.

2019-2020:

2020-2021:

Both exercise physiology and health promotion were taught completely online this year due to COVID and student success rates did not decrease. This shows that program delivery as a completely online program may be a viable option for both concentrations in the future.

2021-2022:

New technology has been introduced into the in-person exercise physiology courses in the form of laboratory equipment similar to that used in the professional setting.

2022-2023:

Began using DEXA (dual x-ray absorptiometry) for research. These readings provide information for individuals that can contribute to diet choices, activity level, and long-term health contributions.

5 Program Mission

The Master of Science in Health and Human Performance program is designed to increase knowledge and critical thinking skills and be an advanced research-based program with concentrations in exercise physiology, nutrition and wellness, and health promotion.

6 Institutional Mission Reference

The program in Health and Human Performance supports the University's mission of: (1) providing a graduate 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 their chosen discipline.

7 Assessment and Benchmark HHP 600 Research Paper

Assessment: Students will complete a written final assignment including the introduction chapter, literature review chapter, and methodology chapter of a mock thesis paper.

Prior to 2022-2023 the benchmark was 75% of students will score an 80% or higher on the final paper.

Outcome Links

Research [Program]

Graduates successfully complete research project in their respective concentrations of health promotion, nutrition and wellness, or exercise physiology.

7.1 Data

Academic Year	Students scoring 80% or higher				Benchmark met?
	Traditional Program		Online Program		
	#	%	#	%	
2021-2022	—	—	16/22	72%	Yes
2022-2023	—	—	11/13	84.6%	Yes

7.1.1 Analysis of Data and Plan for Continuous Improvement

2021-2022:

Benchmark was met. The benchmark will be increased to 75% of students scoring an 80% or better on the final paper. Improvement of communication between the instructor and students will be addressed to possibly achieve a higher success rate on the final paper.

2022-2023:

Benchmark was met. Benchmark will remain the same.

8 Assessment and Benchmark HHP 601 Completed Research Paper

Assessment: Students will complete the second half of the research project that was began in HHP 600.

Benchmark: 80% of students will score 80% or higher on the completed research paper submission.

Prior to 2022-2023, the benchmark was 75% of students will score 80% or higher on the completed research paper submission.

Outcome Links

Communication [Program]

Graduates formulate and express ideas effectively through oral, written, and/or technological communications in academic and professional environments.

8.1 Data

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Academic Year	Students scoring 80% or higher				Benchmark met?
	Traditional Program		Online Program		
	#	%	#	%	
2021-2022	—	—	15/19	78.9%	Yes
2022-2023	—	—	15/19	78.9%	No

8.1.1 Analysis of Data and Plan for Continuous Improvement

2021-2022:

Benchmark was met. The benchmark will be increased to 80% of students scoring an 80% or higher on the completed research paper.

2022-2023:

Benchmark was not met. Instructor will strive for improvement using a combination of lecture guided assignments through American Psychological Association (APA) manual (2020) and incorporate more technology assistant tools such as video presentations for APA writing along with students' writing assignments.

9 Assessment and Benchmark HHP 606 Literature Review Paper

Assessment: Students will be able to demonstrate the ability to disseminate research in Sport Training and Performance, with a focus on either the Physiological Adaptations to Exercise, Exercise Training Principles & Prescriptions, Nutrition, Fluid Regulation, Nutritional Supplements, Medical and/or Health Conditions. Literature review papers will be written in a peer reviewed format in accordance with NLM guidelines.

Benchmark: 70% of students will score an 80% or higher on the Literature Review Paper.

Outcome Links

Critical Thinking and Data Analysis [Program]

Graduates apply critical thinking and analyze data using appropriate statistical tools.

9.1 Data

Academic Year	Students scoring 80% or higher				Benchmark met?
	Traditional Program		Online Program		
	#	%	#	%	
2021-2022	15/22	68%	—	—	No
2022-2023*	7/14	50%	—	—	No

* Data reported for Fall semester only.

9.1.1 Analysis of Data and Plan for Continuous Improvement

2021-2022:

The benchmark was not met. Incorporation of formatting and proper writing instruction and mandatory use of the writing center will be introduced.

2022-2023:

Benchmark was not met for Fall 2022, and data was measured according to current benchmark. In Spring 2023, a new visiting lecturer was assigned to the course who may not be teaching the course for the next academic year. New benchmark and assessment plan will be developed before the next reporting year.

10 Assessment and Benchmark HHP 611 Final Project

Assessment: Students will be able to demonstrate the analysis of a statistical data set. Written report will be provided, and hypothesis testing will occur.

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

Outcome Links**Communication [Program]**

Graduates formulate and express ideas effectively through oral, written, and/or technological communications in academic and professional environments.

Research [Program]

Graduates successfully complete research project in their respective concentrations of health promotion, nutrition and wellness, or exercise physiology.

10.1 Data

Academic Year	Students scoring 80% or higher				Benchmark met?
	Traditional Program		Online Program		
	#	%	#	%	
2021-2022	—	—	15/17	88%	Yes
2022-2023	—	—	18/20	90%	Yes

10.1.1 Analysis of Data and Plan for Continuous Improvement

2021-2022:

The benchmark was met. Add additional material for course content and addition of lecture and SPSS software requirement of course project will be included.

2022-2023:

The benchmark was met. With the addition of new course materials and course software, the percentage of students successfully reaching the benchmark increased. For 2023-2024, the benchmark will change to 75% of students will score an 85% or higher on the final project.

11 Assessment and Benchmark HHP 637 Seminar Final Exam

Assessment: Students will identify and define the eight segments of the health seminar.

Benchmark: 80% of students will be able to identify and define the eight segments of the health seminar by scoring 80% or higher on selected questions from the final examination.

Outcome Links**Communication [Program]**

Graduates formulate and express ideas effectively through oral, written, and/or technological communications in academic and professional environments.

Research [Program]

Graduates successfully complete research project in their respective concentrations of health promotion, nutrition and wellness, or exercise physiology.

11.1 Data

Academic Year	Students scoring 80% or higher				Benchmark met?
	Traditional Program		Online Program		
	#	%	#	%	
2021-2022	—	—	22/25	88%	Yes
2022-2023	—	—	20/21	95%	Yes

11.1.1 Analysis of Data and Plan for Continuous Improvement

2021-2022:

The benchmark was exceeded. The benchmark will be increased to 80% of students scoring an 80% or higher on selected questions from the final exam.

2022-2023:

The benchmark was met. The benchmark will remain the same to evaluate consistent trends for students with a new instructor.

End of report