



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

Cycles included in this report:

Jun 1, 2023 to May 31, 2024

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Program Name: Health and Human Performance, General [BS] [HHPG]**Reporting Cycle: Jun 1, 2023 to May 31, 2024****1 Is this program offered via Distance Learning?****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**

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.

2023-2024:

Lower enrollment in HHP 111 over the past 2 academic years has driven the program to incorporate new practices to increase enrollment. In Spring 2024, four instructors began the process of becoming certified with American Heart Association (AHA) as instructor trainers to provide certifications again for our students, as well as, other programs like nursing and radiological science. This has produced a collaboration between HHP and other departments on campus that we hope to maintain. This new agency, AHA, will also allow us to continue to certify HHP students, other MSU students, internship preceptors, and employees from athletics to fit their required guidelines in holding an emergency cardiac card. Enrollment and an increase in students reaching the benchmark with new resources will be assessed over the next 2 academic years.

4 Program Highlights from the Reporting Year

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.

2023-2024:

The physical medicine lab has been fully stocked with taping tables, hydraulic treatment tables, therapeutic modality units that include electrical stimulation, ultrasound, and laser therapy, and other rehabilitation equipment. This upgrade has provided our faculty with more resources to incorporate hands-on learning for our students along with lecture and literature.

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 |
| 2023-2024 | 88/126 | 69.8% | No |

7.1.1 Analysis of Data and Plan for Continuous Improvement

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%.

2023-2024:

Students did not reach the benchmark set for the course during the 2023-2024 academic year. A new, first-year instructor began teaching this course during the Spring 2024 semester. Our instructors for this particular course are preparing to be certified with American Heart Association this summer, which we are predicting will increase enrollment for the course and provide additional student resources, such as additional videos and practice scenarios to help students make the connections from hands-on skills to delivering the information on paper in test form. This current assessment and benchmark may change for the next academic year depending on the necessary testing needed to comply with the new association. In addition to incorporating a new association for certifications, lecture reviews will be required for students to better prepare for exams and comprehend the information.

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 |
| 2023-2024 | 116/186 | 62.37% | No |

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.

2023-2024:

Benchmark was not met. Instructors have reported students are not attempting the assessment piece, or scoring poorly on it after being successful with assignments leading up to the assessment. A total of 27 students (not accounted for in the data collection above) did not attempt the final exam at all. Our instructors and professors plan to incorporate a schedule posted to Moodle in addition to the one posted in the Connect platform. In addition to initial attendance verification, e-mailed discussion boards reminding students of their modules due, and the posted schedule, our instructors and professors will reach students individually who are not completing work early in the semester. This earlier intervention will attempt to keep students participating or drop the course in a timely manner rather than attempting assessment pieces with no prior course engagement. It is believed the assignments are aligning with the course material. We will continue to collect data on the amount of students who attempt the assessment piece and separate data on those who do not attempt the assessment piece at all. Faculty will also discuss the option of weighing the assessment piece.

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 |
| 2023-2024 | 130/201 | 64.68% | No |

9.1.1 Analysis of Data and Plan for Continuous Improvement

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.

2023-2024:

Benchmark was not met. An in-person section was incorporated for the academic year, as well as a variety of instructors teaching the course over the last academic year. Numbers still remain low. According to student feedback, students felt the load of assignments was very heavy. New instructors to the course also reported the work load closer resembled that to a 300 level class instead of a 100 level course. With the excessive workload, this could have led to student burnout and time management concerns. The following improvements will be incorporated to improve the benchmark success rate for the upcoming academic year: incorporate a final exam study guide with a practice test bank, cull through assignments per unit to fit a 100 level course, and incorporate hard deadlines to help establish time management with our students.

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% |
| 2023-2024 | 56/64 | 87.5% |

10.1.1 Analysis of Data and Plan for Continuous Improvement

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.

2023-2024:

Benchmark was met. The benchmark will remain the same to collect data for two full academic years with the same professor teaching the course. When looking at the academic year per semester, students in Fall 2023 just met the benchmark.

11 Assessment and Benchmark HHP 345 Final Exam

Assessment: Students will be able to demonstrate basic 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 |
| 2023-2024 | 65/69 | 94.2% | 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.

2023-2024:

Benchmark was met. The benchmark will increase to 70% of students scoring an 85% or higher on the final exam.

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 |
| 2023-2024 | 77/80 | 96.25% | 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.

2023-2024:

Benchmark has been met with the new instructor teaching for a full academic cycle. The benchmark will increase to 70% of students will score a 85% or higher on the final research project.

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% |
| 2023-2024 | 65/67 | 97% |

13.1.1 Analysis of Data and Plan for Continuous Improvement

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.

2023-2024:

HHP 458 was not offered this academic cycle due to phasing out older courses for new internship processes. HHP 459 and HHP 460 have been offered; therefore, the data will represent those courses. The benchmark was met. HHP 459 will no longer be offered after the 24-25 academic year due to the internship redesign. HHP 460 will still be taught as it is relevant to particular concentrations within the program. The benchmark for 2024-2025 will be revised to state that 80% of students will earn a score of 90% or higher on the intern evaluation forms provided by the preceptor at the end of the internship process. This will include students from HHP 459, 460, 489, and 490. For the academic year of 25-26, only HHP 460, 489, and 490 will be offered and evaluated.

14 Assessment and Benchmark HHP 459, 460, 489, & 490 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 | — | — | — |
| 2023-2024 | — | — | — |

14.1.1 Analysis of Data and Plan for Continuous Improvement

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.

2023-2024:

HHP 458 was not offered this academic cycle due to phasing out older courses for new internship processes. HHP 459 and HHP 460 have been offered; however, 24-25 academic year will be the last year HHP 459 will be offered. Effective immediately (for 23-24 academic cycle) and moving forward, the internship evaluation will be the assessment piece for our internship courses which will include HHP 459 (for only one more academic year), HHP 460, HHP 489, HHP 490.

End of report