



Kinesiology [MS] [KNES]

Cycles included in this report:

Jun 1, 2024 to May 31, 2025

Program Name: Kinesiology [MS] [KNES]**Reporting Cycle: Jun 1, 2024 to May 31, 2025****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**

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.

2023-2024:

With the exception of HHP 606, which was taught by a VL who did not collect the appropriate data, and HHP 611, which was not offered, 100% of the benchmarks for the MS program were met. This shows excellent participation, engagement, and success of our current students within the concentrations. Our goal to improve our program from this academic year is to have a full-time faculty member execute HHP 606 in a manner that is engaging and relevant to our program objectives, as well as, appoint a professor or perform a curriculum revision for HHP 611.

2024-2025:

Full-time faculty taught and revised KNES 606. Full-time faculty was able to teach KNES 611 in the spring semester. A current faculty member has obtained her terminal degree and will be joint graduate faculty in Fall 2025. A graduate certificate will be submitted for approval in August 2025 for 2026 rollout.

4 Program Highlights from the Reporting Year

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.

2023-2024:

All courses for the academic year were taught as web-hybrid or online with great success. We would like to continue to incorporate hands-on, in-person courses when applicable. Knowing our students were successful within the online parameter of learning makes it a viable option when necessary.

2024-2025:

One course was reformatted and reintroduced to enhance the Sports Performance concentration with a more hands-on approach. KNES 618, Mechanical Analysis of Sports Skills provides mechanical analysis of motor activity and sports skills. The graduate program also had a 100% pass rate on comp exams.

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.

Benchmark: 75% of students will score an 80% or higher on the final paper.

Prior to 2022-2023, the benchmark was 70% of students will score an 80% or higher on the final paper.

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 |
| 2023-2024 | 5/5 | 100% | 12/12 | 100% | Yes |
| 2024-2025 | 7/10 | 70% | 18/19 | 94.7% | 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.

2023-2024:

Benchmark was met. Students meeting the benchmark were able to select and propose a related field of study topic, and then begin the foundation of literature reviews and research on this topic. This proposal is meant to continue into their HHP (KNES) 601 course. The benchmark will remain the same. Graduate faculty will be meeting soon to discuss the direction of their programs with the new change and possible curriculum changes within the concentration. This may lead to a new benchmark and assessment piece for this course.

2024-2025:

Benchmark was met. Students who did not meet the benchmark did not incorporate feedback that given during semester submissions. One-on-one meetings, both in person and virtual, were implemented this semester which contributed to student success in selecting, proposing, and creating the foundation of their topic. Graduate faculty will be meeting over Summer 2025 to discuss graduate school changes. For the upcoming semester, graduate faculty would like to incorporate more APA formatting prep for this particular course which will also assist in future courses in the students' course progression through graduate school.

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.

8.1 Data

| 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 |
| 2023-2024 | 1/1 | 100% | 12/13 | 92.3% | Yes |
| 2024-2025 | 10/10 | 100% | 9/10 | 90% | Yes |

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.

2023-2024:

Benchmark was met. The course benchmark will increase to 85% of students scoring 80% or higher on their completed research paper submission. Upon completion of the assessment piece (research paper), the students were able to complete an up-to-date, extensive literature review on a selected topic from their HHP 600 proposal paper, and collect and analyze data on the topic successfully.

2024-2025:

Benchmark was met. As with KNES 600, graduate faculty has found the one-on-one meetings to assist students with appropriate formatting and continuing their progress in the right direction has been successful. Students who did not reach the benchmark did not incorporate instructor feedback from semester submission. Graduate faculty will be meeting in Summer 2025. It has been mentioned of including a data collection and analysis along with the final paper. Benchmark will remain the same.

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.

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 |
| 2023-2024 | — | — | — | — | No |
| 2024-2025 | 8/9 | 88.8% | 0/2 | 0% | Yes |

* 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.

2023-2024:

A visiting lecturer taught this course in Fall 2023 online. He did not collect a literature review paper nor a final project. This course will be taught by a full-time faculty in Fall 2024, and there will be an assessment collected. A new assessment piece and benchmark for this course may be created, also. This is a fall only course.

2024-2025:

Benchmark was met. A full-time faculty member taught this course in the fall semester. No course was offered for the spring. This will continue to be a fall only course until enrollment increases and this needs to be re-evaluated. Students were given isolated course time to focus on and complete their project. Students who did not meet the benchmark did not follow assignment instructions. In the future, the instructor will hold in-person meeting to explain paper and presentation, allow students to ask questions, and work with peers to complete their projects.

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: 75% of students will score an 85% or higher on the final project.

Prior to 2023-2024, the benchmark was 70% of students will score an 80% or higher on the final project.

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 |

| Academic Year | Students scoring 85% or higher | | | | Benchmark met? |
|---------------|--------------------------------|------|----------------|-------|----------------|
| | Traditional Program | | Online Program | | |
| | # | % | # | % | |
| 2023-2024 | — | — | — | — | — |
| 2024-2025 | 5/5 | 100% | 12/14 | 85.7% | Yes** |

Course was not offered in the 2023-2024 academic cycle.

**2024-2025: A visiting lecturer taught the Fall 2024 semester and collected data as a whole. For the Fall 2024 semester, 5/12 students met the benchmark. The 7 who did not meet the benchmark did not attempt the assessment piece at all. Numbers in the chart are reflective of the Spring 2025 semester.

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.

2023-2024:

This course was not offered this academic year. Students in the department took a similar course in a different department to fulfill the requirement. We plan to offer the class when we can hire a full-time faculty member, a suitable visiting lecturer to teach the course, or provide a curriculum revision to offer the course as an elective.

2024-2025:

The course was offered in the Fall 2024 semester by a visiting lecturer. Students did not meet the benchmark and was asked to perform the assessment piece in a different fashion than in the spring semester. For the Spring 2025 semester, students were successful in the benchmark. Graduate faculty believe this is contributed to students utilizing their own data sets from KNES 600 and 601 throughout the semester rather than being randomly assigned them. Student submitted written work versus a voice-over presentation as assignment in the Fall 2024 semester. Graduate faculty will be meeting Summer 2025. The benchmark will remain the same as of now, and forming a consistent method of instruction and testing with this course is the goal.

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.

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 |
| 2023-2024 | 0/0 | — | 17/19 | 89.47% | Yes |
| 2024-2025 | 0/0 | — | 14/16 | 87.5% | 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.

2023-2024:

The benchmark was met. For the next academic year, the benchmark will increase to 80% of students will be able to identify and define the eight segments of the health seminar by scoring an 85% or higher on selected questions from the final exam. Students completed discussions provided from the professor and led seminars on community health topics to peers and the professor. Interacting with material and knowledge from various aspects, such as Moodle assignments, PowerPoint presentations, and internet and book source research strengthens the students competency in the segments of health seminar for the final examination.

2024-2025:

The benchmark was met. Student learning outcomes in health promotion and community health planning, implementation, and evaluation as well as epidemiology and causation of illness are covered through lecture series assignments. Students were given lecture and assignments to help prepare them for the assessment. Graduate faculty is meeting Summer 2025. Changes will be submitted for a new course that is included in both concentrations to assess the program rather than this one. This course and benchmark/assessment will be requested to be removed from the Xitracs plan.