
Health and Human Performance, General [HHPG]

Cycles included in report:
Cycle #5 Jun 1, 2018 to May 31, 2019

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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 [Approved]

2015-2016:

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

2016-2017:

2017-2018:

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

2018-2019:

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

4 Program Highlights from the Reporting Year

2016-2017:

The program continues to promote community involvement of students and faculty by hosting events such as the SWLA Senior Olympics. During these events, students are able to apply and develop professional skills that they acquired through the program. The program also encourages professional growth of its students through the requirement of internships and/or practicums.

2017-2018:

Exercise Science Concentration has evolved into 3 new concentrations: Pre- Physical Therapy, Pre-Occupational Therapy and Pre-Chiropractic Medicine.

2018-2019:

Set new enrollment records in all 3 concentrations.

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 American Red Cross First Aid Certification Exam

Assessment: American Red Cross First Aid Certification Exam.

Benchmark: 90% of students must pass the American Red Cross First Aid Certification Exam with a score of at least 80.

Courses

HHP111 First Aid for the Professional Responder (Lec. 1, Lab. 2, Cr. 2)

Program Outcomes Links

Health Related Fitness and First Aid

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

7.1 Data

Academic Year	% of students that passed with a score of at least 80
2013-2014	96%
2014-2015	97%
2015-2016	100%
2016-2017	100%

Academic Year	Students scoring 80 or higher		Benchmark met?
	#	%	
2017-2018	201/201	100%	Yes
2018-2019	170/173	98.2	Yes

Courses

HHP111 First Aid for the Professional Responder (Lec. 1, Lab. 2, Cr. 2)**7.1.1 Analysis of Data and Plan for Continuous Improvement** [Approved]

2016-2017:

The American Red Cross, national accrediting agency, requires a minimum written score on examinations of an 80. Student's scores will continue to be monitored on all testable material.

2017-2018:

The American Red Cross, national accrediting agency, requires a minimum written score on examinations of an 80. Students' scores will continue to be monitored on all testable material.

2018-2019:

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

Courses

HHP111 First Aid for the Professional Responder (Lec. 1, Lab. 2, Cr. 2)**8 Assessment and Benchmark HHP 111 Trauma Care**

Assessment: Recognize trauma and administer the appropriate care, which is gauged by the passing of first aid skills practices and CPR practical, performed in one practical exam.

Benchmark: 95% of students will be able to recognize symptoms of various forms of trauma and administer appropriate care.

Courses

HHP111 First Aid for the Professional Responder (Lec. 1, Lab. 2, Cr. 2)*Program Outcomes Links***Health Related Fitness and First Aid**

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

8.1 Data

Academic Year	% of students passing practical exam
2013-2014	96%
2014-2015	94%
2015-2016	95%
2016-2017	95%
2017-2018	94%

Academic Year	Students passing practical exam		Benchmark met?
	#	%	
2018-2019	170/173	98%	Yes

Courses

HHP111 First Aid for the Professional Responder (Lec. 1, Lab. 2, Cr. 2)**8.1.1 Analysis of Data and Plan for Continuous Improvement** [Approved]

2016-2017:

Evaluation of student's passing the first aid skills practices and passing the CPR practical is the gauge to monitor the student proficiencies in emergency response.

2017-2018:

95% of student's passing the first aid skills practices and passing the CPR practical is the gauge to monitor the student proficiencies in emergency response.

2018-2019:

100% of student's passing the first aid skills practices and passing the CPR practical is the gauge to monitor the student proficiencies in emergency response.

Courses

HHP111 First Aid for the Professional Responder (Lec. 1, Lab. 2, Cr. 2)

9 Assessment and Benchmark HHP 124 Health and Fitness Programs [Approved]

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: 70% of students will be able to identify components of health-related fitness and design programs to improve these components.

Courses

HHP124 Exercise, Fitness, and Nutrition (Lec. 3, Cr. 3)

Program Outcomes Links

Professional Experience & Participation

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	% of students able to identify components of health-related fitness and design programs to improve these components
2013-2014	71%
2014-2015	70%
2015-2016	79%
2016-2017	76%
2017-2018	78%

Academic Year	Students able to identify components of health-related fitness and design programs to improve these components		Benchmark met?
	#	%	
2018-2019	186/206	90.2%	Yes

Courses

HHP124 Exercise, Fitness, and Nutrition (Lec. 3, Cr. 3)

9.1.1 Analysis of Data and Plan for Continuous Improvement

2016-2017:
Will be reducing the amount of workload as class sizes increase to a nearly unmanageable number with as much lab work as I have previously required. This may affect the learning and application of content/knowledge with less "hands-on" opportunities.

2017-2018:
Due to class sizes being too large to complete adequate lab work, the workload will be reduced. This will most likely have a negative effect on learning and application of health-related fitness components due to less "hands-on" opportunities.

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.

Courses

HHP124 Exercise, Fitness, and Nutrition (Lec. 3, Cr. 3)

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.

Artifacts

[Mechanical Analysis Rubric](#) [DOC 33 KB JUL 20, 2018]

Courses

HHP331 Kinesiology (Lec. 3, Cr. 3)*Program Outcomes Links***Human Movement**

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

Human Movement

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%

Courses

HHP331 Kinesiology (Lec. 3, Cr. 3)**10.1.1 Analysis of Data and Plan for Continuous Improvement**

2016-2017:

Mechanical analyses will resume in Fall 2016 and Spring 2017. The expected level will increase to 85%, the actual data will continue to be monitored for those semesters.

2017-2018:

Mechanical analyses will continued to be monitored through Fall 2018 and Spring 2019. The expected level will increase to 88%. Also actual data will continuously be monitored for those semesters.

2018-2019:

Expected outcome will increase to 90%.

Courses

HHP331 Kinesiology (Lec. 3, Cr. 3)**11 Assessment and Benchmark HHP 448 Motor Learning**

Assessment: Students will be able to utilize laboratory equipment to demonstrate selected motor learning principles.

Benchmark: 75% of students will earn a score of 75% or higher on selected laboratory exercises/reports.

Courses

HHP448 Motor Learning (Lec. 3, Cr. 3)*Program Outcomes Links***Human Movement**

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

11.1 Data

Academic Year	Students with 75% or higher	
	#	%
2013-2014	39/46	85%
2014-2015	39/46	85%
2015-2016	39/46	85%
2016-2017	76/82	92.6%
2017-2018	80/86	93.02%
2018-2019	70/75	93.3%

Courses

HHP448 Motor Learning (Lec. 3, Cr. 3)**11.1.1 Analysis of Data and Plan for Continuous Improvement** [Approved]

2015-2016:

A breakdown by semester indicates 90% (27/30) met the objective in the fall and 75% (12/16) met the objective in the spring. There was one incomplete each semester that was included in the number not meeting the objective. Five of the seven students who failed to meet the objective did not turn in all of the required laboratory exercises while the other two had incompletes. Blackboard was utilized to provide an additional reminder of when labs were due, it was announced in class and a calendar for labs was on the syllabus. Responsibility is lacking in handling assignments.

2016-2017:

All sections in 2016-2017 were taught online. Expected level of achievement showed significant improvement. Plans are to keep model as is for 2017-2018.

2017-2018:

All sections are taught in a web-hybrid style. This style has shown constant improvement from year to year, also with the online section during the summer it has shown improvement. Plan to keep the web-hybrid style going.

2018-2019:

Accepted percentage now at 80%.

Courses

HHP448 Motor Learning (Lec. 3, Cr. 3)**12 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.

Artifacts

[Intern Evaluation Form](#) [DOC 22 KB JUL 20, 2018]

Courses

HHP458 Internship in Health Promotion (Lec. 1, Lab. 10, Cr. 6)**HHP459 Internship in Exercise Science (Lec. 1, Lab. 10, Cr. 6)****HHP460 Internship in Sport Management (Lec. 1, Lab. 10, Cr. 6)***Program Outcomes Links***Professional Experience & Participation**

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 with 80% or higher	
	#	%
2013-2014	–	93%
2014-2015	–	93%
2015-2016	–	95%
2016-2017	–	96%
2017-2018	–	97%
2018-2019	75/76	98%

Courses

HHP458 Internship in Health Promotion (Lec. 1, Lab. 10, Cr. 6)**HHP459 Internship in Exercise Science (Lec. 1, Lab. 10, Cr. 6)****HHP460 Internship in Sport Management (Lec. 1, Lab. 10, Cr. 6)****12.1.1 Analysis of Data and Plan for Continuous Improvement** [Approved]

2017-2018:

The expected level of achievement will be increased to 85%. Internships will be offered completely online for a pilot run in Fall 2018 semester and will be judged if this environment is better for student outcomes.

2018-2019:

Increase number of students meeting benchmark to 90%.

Courses

HHP458 Internship in Health Promotion (Lec. 1, Lab. 10, Cr. 6)

HHP459 Internship in Exercise Science (Lec. 1, Lab. 10, Cr. 6)

HHP460 Internship in Sport Management (Lec. 1, Lab. 10, Cr. 6)

13 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.

Artifacts

[Internship Case Study Rubric](#) [DOC 34 KB JUL 20, 2018]

Courses

HHP458 Internship in Health Promotion (Lec. 1, Lab. 10, Cr. 6)

HHP459 Internship in Exercise Science (Lec. 1, Lab. 10, Cr. 6)

HHP460 Internship in Sport Management (Lec. 1, Lab. 10, Cr. 6)

Program Outcomes Links

Writing

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

13.1 Data

Academic Year	% of students with 80% or higher	Average Score
2013-2014	100%	89.3%
2014-2015	100%	91.35
2015-2016	100%	100%
2016-2017	97%	93.6%
2017-2018	100%	94%

Academic Year	Students with 80% or higher		Benchmark met?
	#	%	
2018-2019	70/76	92%	Yes

Courses

HHP458 Internship in Health Promotion (Lec. 1, Lab. 10, Cr. 6)

HHP459 Internship in Exercise Science (Lec. 1, Lab. 10, Cr. 6)

HHP460 Internship in Sport Management (Lec. 1, Lab. 10, Cr. 6)

13.1.1 Analysis of Data and Plan for Continuous Improvement [Approved]

2016-2017:

Case study rubric will be changed to include areas of patient satisfaction.

2017-2018:

With the changing of the case study rubric (which now includes patient satisfaction areas) the average score went up to 94%, and no student scored below 80%.

2018-2019:

New benchmark is score of 90% for case study.

Courses

HHP458 Internship in Health Promotion (Lec. 1, Lab. 10, Cr. 6)

HHP459 Internship in Exercise Science (Lec. 1, Lab. 10, Cr. 6)

HHP460 Internship in Sport Management (Lec. 1, Lab. 10, Cr. 6)

End of report