



Health and Human Performance, General [HHPG]

Cycles included in this report:
Jun 1, 2020 to May 31, 2021

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Program Name: Health and Human Performance, General [HHPG]

Reporting Cycle: Jun 1, 2020 to May 31, 2021

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 [Not 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.

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.

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.

2019-2020:

2020-2021:

Showed minimum loss in enrollment through hurricane and COVID changes.

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.

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	% 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
2019-2020	—	—	—
2020-2021	286/310	92.2	Yes

7.1.1 Analysis of Data and Plan for Continuous Improvement

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.

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%.

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.

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	% 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
2019-2020	—	—	—
2020-2021	95/95	100	Yes

8.1.1 Analysis of Data and Plan for Continuous Improvement

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.

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, not all students were available to participate in the face-to-face practical exam needed to become certified in CPR /AED of any level. Therefore the numbers are limited and do not give an accurate representation of the student population that participated in this course during this academic

year. This past academic year alternative assignments were given in place of practical exams; however, with the reduction of COVID 19 restrictions and the return to face-to-face courses during the fall practical's will be reinstated. It is felt that before changing the benchmark the numbers be examined for one more semester with the increased number of students experienced within this course.

9 Assessment and Benchmark HHP 124 Health and Fitness Programs

Assessment: Students will complete internships and receive positive evaluations.

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

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	% 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 scoring 80% or higher on intern evaluation form		Benchmark met?
	#	%	
2018-2019	186/206	90.2%	Yes
2019-2020	—	—	—
2020-2021	69/83	72%	Yes

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.

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%.

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

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%.

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.

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.

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 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%
2019-2020	—	—
2020-2021	—	—

11.1.1 Analysis of Data and Plan for Continuous Improvement

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%.

2019-2020:

2020-2021:

Due to the complications of COVID 19 and the destruction of the Health and Human Performance Complex both laboratory space and equipment were unavailable to perform the laboratory exercises usually included in this course. During this academic year theory based exercises replaced laboratory exercises; however, with the reduction of COVID 19 restrictions and the return of face-to-face courses the typical laboratory exercise will be performed once again.

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.

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

Intern Evaluation Form

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 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%

12.1.1 Analysis of Data and Plan for Continuous Improvement

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%.

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.

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.

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

Internship Case Study Rubric

Outcome Links

Writing [Program]

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
2019-2020	—	—	—
2020-2021	51/51	100	Yes

13.1.1 Analysis of Data and Plan for Continuous Improvement

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.

2019-2020:

2020-2021: We have no plans to revise this assessment.

End of report