



Health and Human Performance [HHP]

Cycles included in this report:

Jun 1, 2020 to May 31, 2021

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Program Name: Health and Human Performance [HHP]

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

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

2015-2016:

After the review of the 2014-2015 master plan, expectations were increased for the following:

1) Increased to 90% of students are knowledgeable of the physiological response of recovery from exercise; 2) Increased from 85% to 90% of students select and utilize appropriate statistical tools in the analysis of data; and, 3) Increased from 77% to 80% for the score on the first exam in HHP 600.

2016-2017:

Master plan expectations were increased for the following: 1) Increased from 80% to 82% for the score on the first exam in HHP 600.

2017-2018:

Master plan expectations were increased for the following: 1) Increased from 82% to 85% for the score on the first exam in HHP 600; and 2) Increased from 90% to 91% of students selecting and utilizing appropriate statistical tools in the analysis of data.

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.

4 Program Highlights from the Reporting Year

2017-2018:

Increased several benchmarks due to exceeding previous goals. Seven of the 43 total students are taking the health promotion concentration totally online.

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.

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 Ethics

Assessment: National Institutes of Health research ethics training.

Benchmark: 92.3% of graduate students will successfully complete the research ethics training course by the National Institutes of Health.

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	# of students meeting benchmark	% of students meeting benchmark
2013-2014	28/32	87.5%
2014-2015	29/34	85.5%
2015-2016	36/36	100%
2016-2017	36/39	92.3%

Academic Year	Students meeting benchmark in traditional program		Students meeting benchmark in online program	
	#	%	#	%
2017-2018	29/29	100%	10/10	100%
2018-2019	30/31	97%	6/6	100%
2019-2020				
2020-2021	—	—	—	—

7.1.1 Analysis of Data and Plan for Continuous Improvement

2017-2018:

Require students to complete the NIH research ethics training prior to approval of any field study involving human subjects (HHP 601, 622, 631, 658). Include certificate of NIH training in the package of documents sent to Human Subjects Institutional Review Board. All training conducted in HHP 600.

2018-2019:

Certificate now included in package sent to human subject review board.

2019-2020:

2020-2021:

The instructor of this course no longer performs this assignment and a new assessment and benchmark for this course will be developed for the next reporting cycle.

8 Assessment and Benchmark HHP 600/601/622 Research Project

Assessment: Students will successfully complete research in their respective concentrations of health promotion, nutrition and wellness, or exercise physiology.

Benchmark 1: 100% of students will successfully complete the required research projects in HHP 600 (or EDLD 600), HHP 601, and HHP 622.

Benchmark 2: 100% of students enrolled in HHP 600 will score 90% or higher in all areas on first examination.

Prior to 2018-2019, the benchmark was 85% or higher.

Prior to 2017-2018, the benchmark was 82% or higher.

Outcome Links

Critical Thinking and Data Analysis [Program]

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

Research [Program]

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

8.1 Data

Academic Year	# of students meeting benchmark	% of students meeting benchmark
2013-2014	21/21	100%
2014-2015	34/34	100%
2015-2016	48/48	100%
2016-2017	36/39	92.3%

HHP 600:

Academic Year	Students meeting benchmark in traditional program		Students meeting benchmark in online program	
	#	%	#	%
2017-2018	31/31	100%	10/10	100%
2018-2019	—	—	—	—
2019-2020	—	—	—	—
2020-2021	—	—	17/17	100

EDLD 600:

Academic Year	Students meeting benchmark in traditional program		Students meeting benchmark in online program	
	#	%	#	%
2017-2018	—	—	—	—
2018-2019	—	—	—	—
2019-2020	—	—	—	—
2020-2021	—	—	—	—

*No students in EDLD 600 in this cohort.

HHP 601:

Academic Year	Students meeting benchmark in traditional program		Students meeting benchmark in online program	
	#	%	#	%
2017-2018	18/18	100%	6/6	100%
2018-2019	40/40	100%	6/6	100%
2019-2020	—	—	—	—
2020-2021	—	—	15/15	100

HHP 622:

Academic Year	Students meeting benchmark in traditional program		Students meeting benchmark in online program	
	#	%	#	%
2017-2018	41/41	100%	7/7	100%
2018-2019	33/33	100%	4/5	80%
2019-2020				
2020-2021			7/7	100

8.1.1 Analysis of Data and Plan for Continuous Improvement

2017-2018:

Incorporate advanced library skills into HHP 600. No need to include EDLD 600 in this standard. Cover various methods of presenting research in HHP 600 and EDLD 600. Require the SPSS tutorial in HHP 600. Encourage HHP 601 and 622 students to enter and analyze their 601 data in the SPSS format.

2018-2019:

Include APA tutorial in HHP 600

2019-2020:

2020-2021:

Benchmark will be edited to place a score on the research performed for next cycle rather than just completion to allow for a more accurate view of student achievement. All students were online due to COVID 19 and hurricane damage. No students were enrolled in EDLD 600.

8.2 Data

Academic Year	# of students meeting benchmark	% of students meeting benchmark
2013-2014	19/20	95%
2014-2015	19/20	95%
2015-2016	28/28	100%
2016-2017	36/39	92.3%

Academic Year	Students meeting benchmark in traditional program		Students meeting benchmark in online program	
	#	%	#	%
2017-2018	17/19	89%	9/10	90%
2018-2019	22/22	100%	4/4	100%

2019-2020	—	—	—	—
2020-2021	—	—	—	—

8.2.1 Analysis of Data and Plan for Continuous Improvement

2017-2018:

Level of competency increased from 82 to 85% in the 2017-2018 academic year, and it will be increased again for 2018-2019 to 90%.

2018-2019:

Increase to 91% in 2019-2020.

2019-2020:

2020-2021: The instructor of this course no longer performs this assignment and a new assessment and benchmark for this course will be developed for the next reporting cycle.

9 Assessment and Benchmark HHP 606 Physiological Response [Approved]

Assessment: Graduate students are knowledgeable of the physiological response of recovery from exercise. Measured by laboratory exercises and embedded questions in HHP 606.

Benchmark: 91% of graduate students are knowledgeable of the physiological response of recovery from exercise.

Prior to 2018-2019, the benchmark was 90%.

Outcome Links

Communication [Program]

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

9.1 Data

Academic Year	# of students meeting benchmark	% of students meeting benchmark
2013-2014	27/30	90.0%
2014-2015	30/33	90.9%
2015-2016	36/39	92.3%
2016-2017	37/39	94.8%

Academic Year	Students meeting benchmark in traditional program		Students meeting benchmark in online program	
	#	%	#	%
2017-2018	18/20	90%	5/5	100%
2018-2019	21/21	100%	4/4	100%
2019-2020	—	—	—	—
2020-2021	—	—	30/32	94%

9.1.1 Analysis of Data and Plan for Continuous Improvement

2017-2018:

Continue to use laboratory exercises and embedded test questions in HHP 606 to teach physiological recovery from exercise. Increase the expected level of achievement to 91% for 2018-2019.

2018-2019:

Continue to use laboratory exercises and embedded test questions in HHP 606 to teach physiological recovery from exercise. Increase the expected level of achievement to 92% for 2019-2020.

2019-2020:

2020-2021:

Incorporation of additional interactive lecture materials and research articles.

10 Assessment and Benchmark HHP 611 Statistical Tools

Assessment: Graduate students select and utilize appropriate statistical tools in the analysis of data.

Benchmark: 91% of students enrolled in HHP 611 or EDLD 671 will score 70% or better on 10 or more lab assignments/homework involving statistical applications.

Prior to 2018-2019, the benchmark was 90% of students.

Prior to 2017-2018, the benchmark was 85% of students.

Outcome Links

Critical Thinking and Data Analysis [Program]

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

10.1 Data

Academic Year	# of students meeting benchmark	% of students meeting benchmark
2013-2014	12/17	80.9%
2014-2015	27/34	79.4%
2015-2016	38/41	92.6%
2016-2017	32/39	82.0%

HHP 611:

Academic Year	Students meeting benchmark in traditional program		Students meeting benchmark in online program	
	#	%	#	%
2017-2018	—	—	34/40	85%
2018-2019	31/37	84%	3/4	75%
2019-2020	—	—	—	—
2020-2021	—	—	14/16	88

EDLD 671:

Academic Year	Students meeting benchmark in traditional program		Students meeting benchmark in online program	
	#	%	#	%
2017-2018	—	—	—	—
2018-2019	—	—	—	—
2019-2020	—	—	—	—
2020-2021	—	—	—	—

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

2016-2017:

Students are introduced to SPSS in HHP 600 and HHP 611 and required to perform various statistical analyses on homework and lab assignments as well as a project requiring use of statistical tools. Lab facilities are limited. Expectation recently changed from 85 to 90% for 2016-2017.

2017-2018:

Students are taught how to use both SPSS as well as Excel data analysis in HHP 600 and HHP 611; they are also required to use these programs when doing tests and homework assignments. Also in HHP 611 the final project is to run several different tests on a group of data given by the professor. Lab facilities are limited. Expectation recently changed from 90% to 91% for 2017-2018.

2018-2019:

Adding a computer lab for traditional students. Increase expectation to 92%.

2019-2020:

2020-2021:

Incorporation of statistical software (SPSS) – use for data analysis.

11 Assessment and Benchmark HHP 637 Seminar [Approved]

Assessment: Students successfully plan and present a 50-minute seminar on a selected health topic utilizing Promethean technology.

Benchmark: 95% of students will earn a score of 90% or better on the seminar evaluation rubric.

Prior to 2016-2017, the benchmark was 85% of students will earn a score of 90% or better on the seminar evaluation rubric.

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	# of students meeting benchmark	% of students meeting benchmark
2013-2014	21/24	87.5%
2014-2015	31/34	91.1%
2015-2016	30/31	96.7%
2016-2017	34/39	87.2%

Academic Year	Students meeting benchmark in traditional program		Students meeting benchmark in online program	
	#	%	#	%
2017-2018	—	—	34/36	94.4%
2018-2019	29/32	91%	6/6	100%
2019-2020	—	—	—	—
2020-2021	—	—	9/11	82%

11.1.1 Analysis of Data and Plan for Continuous Improvement

2017-2018

Provide examples of quality Power Point presentations in previous classes. Require students to post presentation on Moodle. Encourage streaming video presentations.

2018-2019:

Increase benchmark to 90%.

2019-2020:

2020-2021:

Due to COVID 19 and hurricane damage all students were online.

12 Assessment and Benchmark HHP 601, 622, 631, & 658 Conference Presentations

Assessment: Graduate students will present their research at state, regional, and/or national conferences.

Benchmark: At least 10% of the graduate students present their research at state, regional, and/or national conferences.

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.

12.1 Data

Academic Year	# of students meeting benchmark	% of students meeting benchmark
2013-2014	2/21	9.6%
2014-2015	1/21	4.75
2015-2016	2/14	8.3%
2016-2017	1/39*	2.56%

*One presented at the annual conference of the Louisiana Association for Health, Physical Education, Recreation and Dance.

Academic Year	Students meeting benchmark in traditional program		Students meeting benchmark in online program	
	#	%	#	%
2017-2018	2/46	4.3%	1/6	16.6%
2018-2019	4/46	8.7%	0/4	0%
2019-2020	—	—	—	—
2020-2021	—	—	1/16	6.25%

12.1.1 Analysis of Data and Plan for Continuous Improvement

2017-2018:

Traditional program candidates did not meet expected goal of 10%. Online candidates met goal. Projected acceptance, time, cost associated with travel and lodging, and other associated expenses affect participation at the conference. Proposed: Encourage the students in HHP 601, 622, 631, and 658 classes to prepare abstracts of their research for potential submission for presentations at professional conferences.

2018-2019:

Goal not met in either group.

2019-2020:

2020-2021:

Efforts to increase student participation in conferences will continue to be increased. This year's numbers may have been affected by canceled conferences due to COVID-19.

End of report