

UNIVERSITY OF CENTRAL ARKANSAS

Proposal for Change in Assessment Plans/Processes

NOTE: Changes in assessment plans/processes can be reviewed only during the regular academic year. Action-item proposals must be received by the Academic Assessment Committee at least one month before action is desired.

Department Exercise and Sports Science Date 9/13/2024

Program for which the change is proposed Master of Exercise and Sport

Action Item	Information Item
<p>Select area(s) of change:</p> <p><input checked="" type="checkbox"/> New assessment plan</p> <p><input type="checkbox"/> Assessment plan revision</p> <p><input type="checkbox"/> Alternative reporting method</p> <p><input type="checkbox"/> Other <input style="width: 150px;" type="text"/></p>	<p>Select area(s) of change:</p> <p><input type="checkbox"/> Minor change of wording</p> <p><input type="checkbox"/> Minor change in assessment criteria</p> <p><input type="checkbox"/> Rubric updates</p> <p><input type="checkbox"/> Curriculum/Curriculum Map Update</p> <p><input type="checkbox"/> Other <input style="width: 150px;" type="text"/></p>

Description of change:

Reason for change:

Effective date of change: 1/1/2025

Change recommended by (for action items) or noted by (for information items)

College Curriculum and Assessment Committee	<u>Kim Eskola</u> <small>DEPARTMENT CHAIR</small>	<u>9/13/2024</u> <small>DATE</small>
	<u>Adam Bruenger</u> <small>COMMITTEE CHAIR</small>	<u>9/13/2024</u> <small>DATE</small>
	<u>W. Blaise</u> <small>COLLEGE DEAN</small>	<u>9/14/2024</u> <small>DATE</small>
Academic Assessment Committee	<hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <small>COMMITTEE CHAIR</small>	<hr style="border: 0; border-top: 1px solid black; margin-bottom: 5px;"/> <small>DATE</small>

UNIVERSITY OF CENTRAL ARKANSAS
ACADEMIC ASSESSMENT PLAN
Requirements, Template, and Example

Requirements

1. *Submit with New Program Proposal*
 - a. *Programs are encouraged to consult with the Office of University Assessment.*
 - b. *Contact information assessment@uca.edu*
2. *Send copy of Assessment Plan to the Office of University Assessment, Wingo 215.*
3. *Update the Program Assessment Plan based upon EAPR or Accreditation Cycles.*

Basic Information

Program Name: **Master of Exercise Science**

College: **College of Health and Behavioral Sciences**

Department: **Exercise and Sport Science**

Program Level (check all that apply)

- ☐ Associate's
- ☐ Bachelor's
- ☐ Undergraduate Certificate
- ☒ Master's
- ☐ Doctoral
- ☐ Graduate Certificate

Date Plan Submitted: **5/31/2024**

College Dean & email: **Nancy Reese** nancyr@uca.edu

College Curriculum Committee Chairperson & Email: **Adam Bruenger** abruenger@uca.edu

Department Chairperson & email: **Kim Eskola (interim)** keskola@uca.edu

Department Curriculum Committee Chairperson & email: **Adam Bruenger** abruenger@uca.edu

1. Introduction (identify college, unit, and degree programs)

- **Purpose:** The MS in Exercise Science program is designed to develop an advanced level of knowledge and competence in the varied professional programs associated with the disciplines of pedagogy, fitness, and sport leadership. The degree is a multi-purpose degree that can prepare the candidate for careers in fitness, health promotion, and exercise science. The MS has a thesis option or a non-thesis option. This degree, with the thesis option, can also serve as preparation for a degree at the doctoral level.

- **Program information:** All students in the MS EXSS take six core courses (table 1). Students then can choose electives that better fit their needs. The assessment of the program is built around these six core courses because they are the only ones that all students will be assured to take. The courses are not required to be taken in any specific order, and four of the courses are offered every other year. Thesis option students identify a mentor from the faculty to assist with their research project. These mentors have expertise in the core courses of the curriculum.

Table 1. Core Courses of the EXSS MS Program

Course	Course Name	Offered
EXSS 6315	Research Methods	Fall every year
EXSS 6316	Data Analysis	Spring every year
EXSS 6310	Motor Learning	Spring odd years
EXSS 6333	Evaluation of Cardiovascular Adaptation	Fall even years
EXSS 6336	Movement Analysis	Fall odd years
EXSS 6337	Evaluation of Neuromuscular Adaptation	Spring odd years

- **Unit Mission Statement** The mission of the Department of Exercise and Sport Science is to provide quality education, scholarship, and service, by advancing evidence-based practice across athletic training, exercise science, physical education, and sport management while enhancing wellness, productivity, and quality of life.

2. Student Outcomes

- Students who choose the thesis option will be assessed during their proposal and defense. Students who chose the non-thesis option will be given a terminal exam during their last semester. This exam will have a written and an oral portion. The written portion will assess students' writing and ability to address a core concept in exercise science. The concept they will have to write their paper over will be from one of the three content classes they have completed prior to their final semester. The oral portion assesses students' ability to present information and perform statistical analysis. The grading of these components is outlined in the rubrics provided (Appendix A).
- The goal for the program is 66% of students will pass all four graded portions on their first attempt.
- Thesis students who do not pass a thesis proposal or defense will have the opportunity to propose/defend again up to 3 times total. Students taking the written exam who do not pass will have an opportunity in the same semester to resubmit/re-present their exam. Students taking the written exam that do not pass it on the second attempt will be required to enroll in a one-hour independent study the following semester and the independent study will be used to give individual attention to the student as they work through the written exam.

Student Learning Outcomes	Thesis Option	Written Exam Option
1. Students will demonstrate appropriate graduate level writing	Ch. 1-3 (initial assessment) All Chapters	Written Portion of Exam
2. Students will be able to explain a concept of exercise science and provide an assessment of a scenario based on that information	Ch. 2 Ch. 5	Written Portion
3. Students will be able to demonstrate clear and professional oral communication	Proposal Defense	Oral Portion
4. Students will use statistics to appropriately assess a data set and interpret the results	Ch. 3 Ch. 4	Oral Portion

3. Assessment Cycle

- Data will be collected every year for all four rubrics.

4. Curriculum Map

- See Appendix B

5. Assessment Methods and Measures (Formative and Summative recommended)

- As stated previously, students will be assessed on their terminal exam. Thus only a summative assessment will be performed. Students will submit their terminal written portion and present to the EXSS graduate faculty. These will be assessed using the rubrics provided in Appendix A.

6. Data Collection and Review

- Data will be collected every year. It may be collected in the Fall, depending if any students are completing their program in the fall semester. It will be collected every Spring semester.
- The goal for the program is 66% of students will pass all four graded portions on their first attempt.
- The graduate coordinator will be responsible for data collection.

7. Participation in the Assessment Process

- All full-time EXSS graduate faculty will assist in the assessment process. Most faculty will assist with the terminal exam assessment and those who teach the specific courses will assist in creating the terminal exam questions.
- The graduate coordinator will collect all final grades and compile the data.

8. Data Analysis

- Compiled data will be shared with the graduate faculty at the end of the year meeting each spring.

9. Plan for Using Assessment Results to Improve Program

- The results will be used to determine if our courses are preparing students to properly address a conceptual question as well as assess data using appropriate statistics. Changes in course content will be addressed depending on outcomes of the final exams.

10. What are the plans to evaluate students' post-graduate success?

- Post graduation surveys are being sent by the office of institutional research.

11. What are the plans to evaluate teaching effectiveness?

- Student evaluations are currently being used to evaluate teaching effectiveness.

12. Appendices-Required....Curriculum Maps by Program, Assessment Tools (examples: Rubrics, Surveys, Tests, etc.), any other important materials/documentation

13. Submit Assessment Plan

- Send completed form electronically to assessment@uca.edu

For questions or concerns please contact:
Dr. Jacob Held 450-5307 jmheld@uca.edu
Alyson McEntire 450-5086 amcentire@uca.edu

Appendix A

Written Portion Grading
Rubric 1 Formatting and Writing

	Criteria	Expected Level of Performance for a Graduate Student	Minor Issues but Acceptable	Not Acceptable
Format	1. Title Page	2	1	0
	2. Paper is written in paragraph format, double spaced, 12 point and Georgia or Times-New Roman font.	2	1	0
	3. Pages are numbered and lines are numbered.	2	1	0
	4. The reference page is its own separate page at the end and is titled as such	2	1	0
	5. Paper conceptually flows	4	2	0
	6. Figures and tables must be labeled and titled. All figures and titles must be referenced in the text. If the student copies graphs or images, those are cited both in the paper and on the reference sheet	2	1	0
	7. The paper has minimal (less than 10) spelling and grammar errors and these errors do not distract from the delivery of the content	4	2	0
	8. A citation method is chosen and the student is consistent with the citation method chosen throughout the paper	2	1	0
Total	Students must score at least 16/20 and have no more than 2 “not acceptable” on the format section or, at minimum, a minor rewrite will be required.			
All double point criteria must be scored 4/2/0 no 3s or 1s				

While there is no page length required, appropriate answers typically require 6-10 pages, not including the reference page(s)

Written Portion Grading
Rubric 2 Knowledge

	Criteria	Expected Level of Performance for a Graduate Student	Minor Issues but Acceptable	Not Acceptable
Culmination of Knowledge	1. At least 10 peer-reviewed references are used	2	1	0
	2. The student picks appropriate references that address the question at hand	2	1	0
	3. Demonstrates ability to concisely summarize a reference using their own words	4	2	0
Synthesis of Knowledge	1. The student applies the information from the references to the specific question at hand.	4	2	0
	2. There is more than a review of the findings from the references	2	1	0
	3. The student provides a conclusion that summarizes the information/resources that address the given question	4	2	0
	4. The summary is in the student's words and not a citation of another study's summary.	2	1	0
Total	≥ 16 and less than 1 “not acceptable”: Pass no rewrite 12-15 and no more than 2 “not acceptable”: Minor revisions- only coordinator needs to review <12 or greater than 2 “not acceptable”: Major revisions- all faculty review All double point criteria must be scored 4/2/0 no 3s or 1s			

Oral Portion

Rubric 1 Oral Communication

	Criteria	Expected Level of Performance for a Graduate Student	Minor Issues but Acceptable	Not Acceptable
Professionalism / Oral Ability	1. Student is dressed in a minimum of khakis and a polo/blouse	2	1	0
	2. Student speaks loudly, clearly, and at a reasonable pace for understanding	2	1	0
	3. Student may use written speech/ cue cards, but does not read directly off of the PowerPoint slides	2	1	0
	4. Student makes appropriate body language (e.g., posture, eye contact) with the audience	2	1	0
PowerPoint Appropriateness	1. PowerPoint has background that allows ease of viewing the presentation	2	1	0
	2. Font size is large enough to see from the back of the room	2	1	0
	3. Graphs are appropriately labeled and again-font is of appropriate size.	2	1	0
	4. Bullet Points are used and not full paragraphs (slides are not wordy)	2	1	0
	5. The student provides a brief overview of the assigned question (1-2 minutes) but the focus is on the analysis of the data and the application of the data to the given question	2	1	0
	6. The student does not summarize the paper portion of the project in this PowerPoint, just enough of the scenario that all can understand what was asked of the student.	2	1	0
Total	Students must score at least 16/20 and no more than 2 "not acceptable" on this section (professionalism and PPT) or be required to re-present their presentation			

Oral Portion
Rubric 2 Statistical and Practical
Understanding

	Criteria	Expected Level of Performance for a Graduate Student	Minor Issues but Acceptable	Not Acceptable
Statistics	1. Data is only provided in summary form, raw data is not provided	2	1	0
	2. Correct inferential statistics are performed	2	1	0
	a. It is acceptable if an ANOVA is supposed to be performed, but the student performs multiple t-tests as long as the student addresses the fact they performed the wrong test in their presentation			
	3. Results are only provided once (not both in table and graph format)	2	1	0
Synthesis of Statistics and Question	1. The student correctly interprets the analyzed data	2	1	0
	2. The student can apply the results of the analyzed data to the given question and make suggestions about the real-world implications of the results as they apply to the initial question	2	1	0
Ability to Answer Questions	1. The student is able to defend their summaries/interpretations using their background knowledge	2	1	0
	2. The student is able to expand upon "follow-up" questions and be able to concisely state their comprehension	2	1	0
Total	> 9 and no more than one "not acceptable": Pass 8-9 and no more than two "not acceptable": Minor revisions to presentation- only coordinator needs to review Below 8: must re-present oral portion to all graduate faculty			

Appendix B

Course	SLO 1 Writing Ability (Rubric 1)	SLO 2 Conceptual Knowledge (Rubric 2)	SLO 3 Oral Communication (Rubric 3)	SLO 4 Statistical Knowledge (Rubric 4)
EXSS 6315	I/R		I/R	
EXSS 6316				I/R
EXSS 6310	I/R	I/R		I/R
EXSS 6333	I/R	I/R	I/R	I/R
EXSS 6336	I/R	I/R	I/R	I/R
EXSS 6337	I/R	I/R		I/R