

DEPARTMENT OF KINESIOLOGY UNDERGRADUATE

I. MISSION STATEMENT

The mission of the undergraduate program in Kinesiology is for students to gain a sound background in the theoretical and applied aspects of human movement.

II. COMPETENCIES

Students graduating with one of the four majors offered in the Kinesiology Department should:

- 1) understand the historical, legal, and ethical issues related to professions dealing with physical activity for a diverse population;
- 2) be able to assess, design, and implementation of physical activity programs for a diverse population, including the physiological, biomechanical, sociological and psychological issues that influence individuals involved in acute and chronic exercise;
- 3) understand the theoretical and practical principles related to the prevention and care of injuries occurring as a result of participation in sport and exercise,;
- 4) appreciate the effect of lifestyle factors such as diet, exercise, stress, smoking, and substance use on the health and well being of all individuals;
- 5) understand the principles related to learning, teaching, and assessing motor skills, including the social, physical, and psychological changes occurring within a developing person and their relationship to the control, coordination, and performance of fundamental motor skills at different periods of development;
- 6) be able to use the methods of retrieving information in printed and electronic form for the subdisciplines within Kinesiology, and the written and/or oral methods necessary to disseminate this information in a variety of settings within kinesiology;
- 7) develop the problem solving techniques used in research and practical settings within Kinesiology (KN); and,
- 8) possess the qualifications and academic credentials to pursue graduate studies in disciplines related to Kinesiology.

III. EXPLANATION OF LEARNING OUTCOMES

Kinesiology is an umbrella term that encompasses various areas of study. These include Adapted Physical Activity (AP), Athletic Training (AT), Biomechanics (BM), Exercise Physiology (EP), Health and Fitness (HF), Motor Control(MC), Motor Development (MD), Physical Education (PE), and Sport Psychology (SP). Most outcomes are specific to one or more classes while others are general to the department (KN). Students graduating with one of the five majors offered in the Kinesiology Department should be able to:

III. Learning Outcome	IV. Action Steps Specific courses in which content will be delivered	V. Method of Assessment (See explanation below.)	VI.a Results of Assessment	VI.b Proposed Improvements
1. perform a mechanical analysis of a specific activity and indicate what the actor may do to improve performance and/or prevent injury (BM);	KINE 30623	- Sr. Research Project. -Graduating Sr. questionnaire -Final exam		
2. describe the basic physiological processes involved in energy production, oxygen uptake, aerobic & anaerobic metabolism, and cardiorespiratory function for a variety of physical activities (EP,HF);	KINE 30633 KINE 30503 KINE 40503	- Sr. Research Project. -Graduating Sr. questionnaire - Final Exam		
3. describe the theoretical and practical basis of neuromuscular function relative to specific physical activities (EP);	KINE 30633 KINE 30503 KINE 40503	-Sr. Research Project. -Graduating Sr. questionnaire -Exercise Program Design		
4. evaluate the responses to abnormal environmental conditions, and the adaptations that take place with chronic exposure to these environments (EP);	KINE 30633	- Sr. Research Project. -Graduating Sr. questionnaire -Final Exam -Evaluation of Internship		
5. evaluate the physiological adaptations that take	KINE 30633 KINE	- Sr. Research Project.		

<p>place as a result of aerobic and/or anaerobic training (EP).</p>	<p>30503 KINE 40503</p>	<p>-Graduating Sr. questionnaire -Evaluation of Internship -Exercise Program Design</p> <p>-Final Exam</p>		
<p>6. determine nutritional requirements for individuals engaged in specific acute and/or chronic physical activities (EP,HF);</p>	<p>KINE 30633 KINE 30503 KINE 40503 HLTH 30423</p>	<p>- Sr. Research Project. -Graduating Sr. questionnaire -Evaluation of Internship -Exercise Program Design</p> <p>-Final Exam</p>		
<p>7. design a comprehensive exercise program focusing on improving cardiovascular and musculoskeletal fitness and body composition based on assessments conducted in these areas (HF);</p>	<p>KINE 30503 KINE 40503</p>	<p>-Graduating Sr. questionnaire -Evaluation of Internship -Exercise Program Design</p>		
<p>8. explain how motor skills are controlled and coordinated, and determine the level of skill exhibited by individuals performing specific movements (MC);</p>	<p>KINE 20503 KINE 30423</p>	<p>- Sr. Research Project.</p> <p>-Graduating Sr. questionnaire -Evaluation of Internship</p> <p>-Final exam</p>		

<p>9. use principles of motor learning to determine the structure of practice for the improvement of any motor activity taking into account individual characteristics as they relate to an identified period of development (MC);</p>	<p>KINE 20403 KINE 20503 KINE 30423 KINE 40623</p>	<p>- Sr. Research Project.</p> <p>-Performance on ExCET exam for teacher certification.</p> <p>-Graduating Sr. questionnaire</p> <p>-Evaluation of Internship</p> <p>-Final Exam</p>		
<p>10. identify attractor states for any fundamental skill by the relative position and temporal activity of body segments (MC);</p>	<p>KINE 20503 KINE 30423</p>	<p>- Sr. Research Project.</p> <p>- Graduating Sr. questionnaire.</p> <p>- Final exams</p>		
<p>11. identify potential control parameters and order parameters for fundamental skills and indicate learning strategies best suited for improvement in skill efficiency (MC);</p>	<p>KINE 20503 KINE 30423</p>	<p>- Sr. Research Project.</p> <p>-Graduating Sr. questionnaire</p> <p>- Final exams</p>		
<p>12. assess the needs of clients, students and/or athletes with various disabilities, evaluate the appropriateness of programmatic and physical activity experiences, and design new or change existing activities to allow individuals to achieve developmental or functional goals</p>	<p>KINE 30803</p>	<p>-Performance on ExCET exam for teacher certification.</p> <p>-Graduating Sr. questionnaire</p> <p>-Evaluation of Internship</p> <p>-Evaluation of student teaching</p>		

<p>sequentially (AP);</p> <p>13. design programs/activities to promote inclusiveness in physical activity settings, including competitive, community recreation, school, and other experiences while meeting the specific requirements mandated by public laws (AP);</p>	<p>KINE 20403 KINE 30803 KINE 40623</p>	<p>-Graduating Sr. questionnaire -Performance on ExCET exam for teacher certification -Evaluation of student teaching</p>		
<p>14. demonstrate proficiency in the athletic training content and clinical skills (AT);</p>	<p>KINE 20303 KINE 30303 KINE 40303 KINE 40523 KINE 40533</p>	<p>-Performance on NATA certification (ATC), and state licensure exams (LAT). -Evaluation of mastery of AT competencies by ATEP Director.</p>		
<p>15. identify specific behaviors that lead to poor health, monitor and evaluate conditions under which the problem behavior is most likely to occur, devise an intervention strategy (behavior change-diet, exercise, relaxation techniques, etc.) with specific goals to address the problem behavior, and deal with obstacles as they arise (HF);</p>	<p>KINE 10011 KINE 30503 KINE 40503 HLTH 20203 HLTH 30203 HLTH 30423</p>	<p>-Graduating Sr. questionnaire -Evaluation of Internship -Exercise Program Design</p>		
<p>16. evaluate, select, and modify activities to provide developmentally appropriate instruction for all learners (AP,MD,PE);</p>	<p>KINE 20403 KINE 30423 KINE 30803</p>	<p>-Performance on ExCET exam for teacher certification. -Graduating Sr. questionnaire</p>		

	KINE 40623	-Evaluation of student teaching		
17. design or select appropriate curricula which will provide physical activity experiences in a progressive sequential order and will meet the developmental needs and interests of students (AP,PE);	KINE 20403 KINE 30803 KINE 40623	-Performance on ExCET exam for teacher certification. -Graduating Sr. questionnaire -Evaluation of student teaching		
18.. explain how to enhance learners' self-concept and emotional well-being through physical activity (PE);	KINE 20403 KINE 30713 KINE 30723 KINE 40623	-Performance on ExCET exam for teacher certification. -Graduating Sr. questionnaire -Evaluation of student teaching		
19. explain and apply health and safety principles and practices related to fitness/physical activity in a gym setting (PE);	KINE 20403 KINE 40623	-Performance on ExCET exam for teacher certification. -Graduating Sr. questionnaire -Evaluation of student teaching		
20. explain legal, ethical, medical, and safety issues related to physical education programs (AP,PE);	KINE 20403 KINE 30803 KINE 40623	-Performance on ExCET exam for teacher certification. -Graduating Sr. questionnaire -Evaluation of student teaching		
21. explain ways to establish a positive learning climate that encourages achievement and positive attitudes in learners (PE);	KINE 20403 KINE 40623	-Performance on ExCET exam for teacher certification. -Graduating Sr. questionnaire -Evaluation of student teaching		
22. modify teaching methods, assessments, programmatic design, and other	KINE 20403 KINE 40623	-Performance on ExCET exam for teacher certification.		

applications of kinesiological principals to account for diverse populations (KN).		-Graduating Sr. questionnaire -Evaluation of student teaching		
23. use concepts related to motivation, confidence, visualization, coach-athlete relations, exercise adherence, group dynamics, and the psychological and emotional impact of injury to develop sport psychology intervention strategies (SP);	KINE 30713 KINE 30723	-Graduating Sr. questionnaire -Evaluation of Internship -Final Exam		
24. describe legal and ethical issues present in a wide range of movement-based professional settings, and relate these concepts to the desired behavior of the professionals practicing in those settings (KN);	ALL	-Graduating Sr. questionnaire -Evaluation of Internship -Evaluation of student teaching		
25. gather information from printed and electronic sources to become and/or remain informed of current issues in their intended professions (KN);	ALL	-Graduating Sr. questionnaire -Sr. Research Project.		
26. present in written and/or oral form the results of data-based and/or library-based investigations (KN);	ALL	-Graduating Sr. questionnaire -Sr. Research Project.		
27. analyze and interpret original data from a research project (KN); and	KINE 40793	-Graduating Sr. questionnaire -Sr. Research Project.		
28. job placement and admission to post-graduate advanced degree programs.	ALL	-Acceptance rates into PT, OT, PA, MD, and MS programs.		

V. EXPLANATION OF METHOD OF ASSESSMENT

Assessment will take place using a variety of methods, including information gathered from: 1) end-of-course activities conducted within specific courses, 2) “capstone course” activity, including feedback from intern and student teacher supervisors, 3) student perceptions gathered via questionnaires, 4) acceptance rates to graduate school, and 5) the results of external certification and licensure exams.

- 1) There are specific courses in the curriculum where students complete end-of-course projects that require the demonstration of mastery of one or more specific learning outcomes. In addition, comprehensive final exams will be used as an indicator of content mastery.
- 2) Students majoring in HEFI, MOSC and PSKI will complete KINE 40903, Senior Internship and students majoring in MOSC and PSKI will complete KINE 40793, Senior Research as “capstone” courses. Students majoring in PEAL will complete EDSE 40980 and EDSE 40990 (6 hrs.), Student Teaching. Feedback from their supervisors and analysis by faculty of the written material required for these courses will be used to assess the mastery of learning outcomes.
- 3) The twenty-seven Learning Outcomes will be incorporated into a questionnaire administered to graduating seniors. They will respond on a the following four-point agreement scale: 1 = strongly agree, 2 = agree, 3 = disagree & 4 = strongly disagree. Their responses will indicate the degree to which they feel they have achieved the intended outcomes derived from the established competencies.
- 4) Students seek entry into graduate programs in all aspects of kinesiology, as well as occupational and physical therapy. They also apply to medical school and physician assistant programs. Acceptance rates into these programs will be evaluated.
- 5) Assessment of the Athletic Training Program will occur via the analysis of pass rates of students taking the state licensure and national certification exams. For those seeking teacher certification, performance on the ExCET exam, will be used as an external measure of the learning outcomes that are specific to the Physical Education major.

VI. RESULTS OFASSESSMENT AND PROPOSED IMPROVEMENTS

VII. RESOURCES NEEDED FOR PROPOSED IMPROVEMENTS