UNIVERSITY OF SAN FRANCISCO

Department of Kinesiology
College of Arts & Sciences
Annual Assessment Report AY22-23
Submission Deadline: November 1, 2023

Program:

Kinesiology

Degree Type:

Kinesiology Major - Bachelor of Science

Faculty Coordinators:

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Mission Statement:

"Through our programs of teaching and research, and our service to the community, we advance the knowledge and application of physical activity to promote the health and well-being of all people."   [Last Modified: April, 2014]

This statement has <u>not</u> changed since the AY 2021-2022 assessment.

Program Learning Outcomes (PLOs):

1. Describe the relationship between physical activity participation and health, wellness and quality of life

2. Explain how the scientific process informs our understanding of physical activity

3. Design and evaluate physical activity programs that promote health and improve quality of life

4. Demonstrate an understanding and commitment to physical activity practice

5. Critically evaluate information about physical activity form a scientific basis

6. Critically evaluate research related to physical activity and its impact on health and chronic disease   [Last Modified: March, 2016]

PLOs have <u>not</u> changed since the AY 2021-2022 assessment.

Curricular Map:

KIN Major Requirements	Course #	PLO #1 Describe the relationship between physical activity participation and health, wellness, and quality of life	PLO #2 Explain how the scientific process informs our understanding of physical activity	PLO #3 Design and evaluate physical activity programs that promote health and improve quality of life	PLO #4 Demonstrate an understanding and commitment to physical activity practice.	PLO #5 Critically evaluate information about physical activity from a scientific basis	PLO #6 Critically evaluate research related to physical activity and its impact on health and chronic disease
Required Lower Division Courses	KIN 100	I	I		I		
	KIN 120	I	I	I	I		
	KIN 200		I	I		I	I
	KIN 220	D	D		D	D	D
Required Upper Division Courses	KIN 300			D		D	D
	KIN 310	M	M	D	D	M	M
	KIN 315	M		D	M		D
	KIN 320		M			M	
	KIN 350		M			M	M
Upper Division Electives	KIN 325	M	M	M	M	M	M
	KIN 330	M		M	D		D
	KIN 335	M	M	M	D	M	M
	KIN 340					M	M
	KIN 354			M	M		D
	KIN 358	M	M	M	M	M	M
	KIN 360	M		D			D
	KIN 362	D		D			
	KIN 368	M	M			M	M
	KIN 398	M	M	M	M	M	M
	KIN 390					M	M
	KIN 410					M	M

I = Introduced   **D** = Developed   **M** = Mastered   [Last Modified: August, 2020]

The curricular map has not changed since the AY 2020-2021 assessment.

Assessment Schedule:

Spring 2018: Academic Program Review (APR)			
Academic Year	**PLOs**	**Level of Mastery**	**Course**
2018-2019	1, 2, 4	Introduced	KIN 120: Introduction to Kinesiology
2019-2020	1, 2, 4	Introduced	KIN 120: Introduction to Kinesiology
2020-2021	1, 6	Mastered	KIN 325: Exercise & Disease Prevention
2021-2022	3, 5	Mastered	KIN 325: Exercise & Disease Prevention
2022-2023	All	Mastered	Program Graduate survey
2023-2024	N/A	Year of Reflection	
2024-2025	2, 4	Mastered	KIN 325: Exercise & Disease Prevention
Spring 2026: Estimated Academic Program Review (APR)			

Assessment Methodology:

For the 2022 - 2023 Academic Year (AY), we had originally planned to assess Program Learning Outcomes (PLOs) 2 and 4 in KIN 325: Exercise & Disease Prevention. However, due to the faculty member who taught the class having to take leave, we have had to change our plan.

This year's assessment involved the analysis of the Kinesiology Program Graduates Survey, a survey that all students graduating from the kinesiology program in the spring of each academic year are invited to complete. The survey asks students to answer a number of questions regarding their experience as a student in the kinesiology program at USF, including questions about their perceived confidence in meeting each of the program's learning outcomes (PLOs). Survey data has been collected for the past six consecutive years (2018 to 2023).

For each of the PLOs, the survey asked "As a result of completing my kinesiology degree at USF, I feel I am able to:". Students were then asked to rate their confidence in meeting each PLO on the following scale: Strongly disagree (1), Somewhat disagree (2), Neither agree nor disagree (3), Somewhat agree (4), Strongly agree (5). The mean score for each PLO was calculated as the summation of the individual scores divided by the number of responses.

Assessment Results:

The mean scores for how the students rated their confidence in meeting each PLO in each academic year, along with the response rate for each year (n), are presented in Figure 1 (raw data for student scores is shown for each PLO in the appendix).
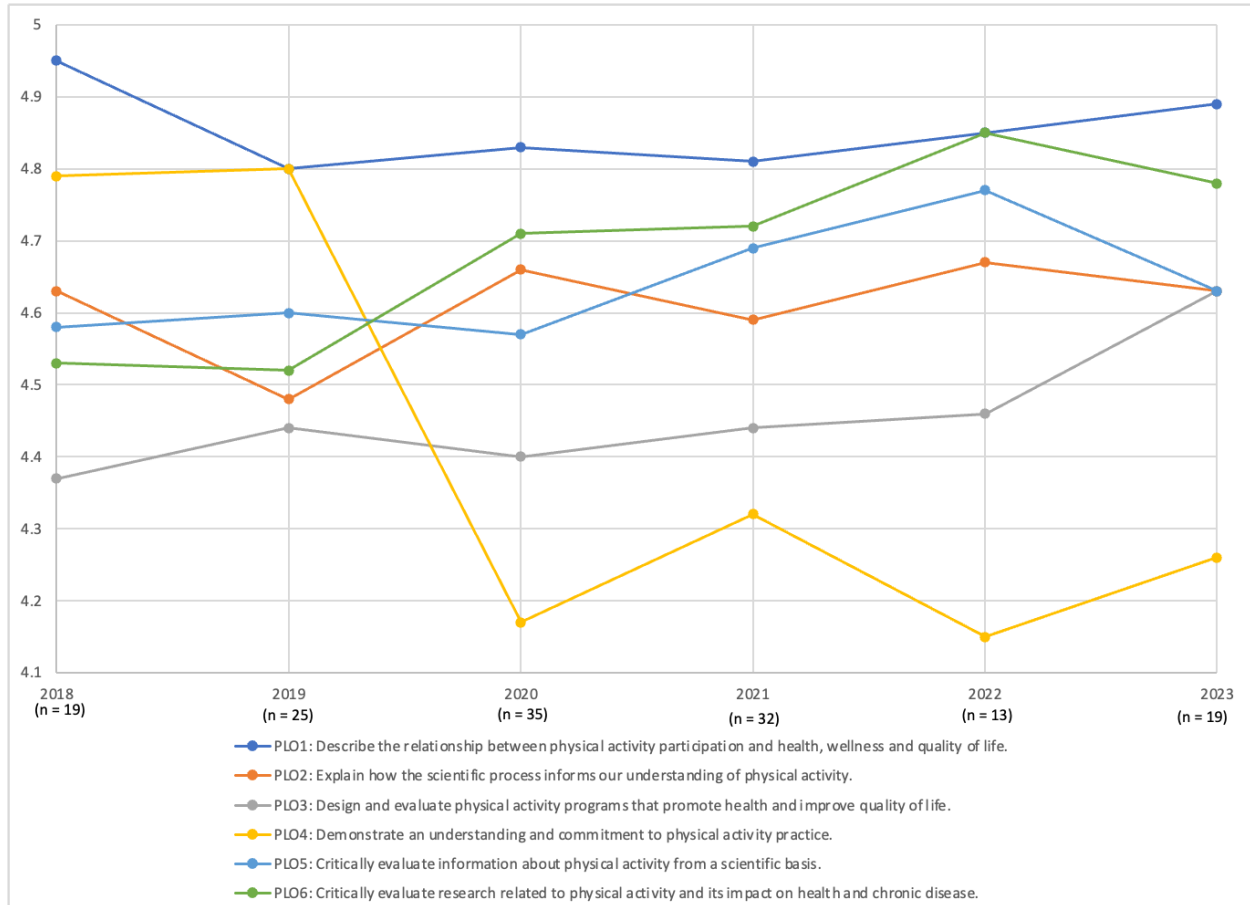

Figure 1: Mean scores for each program learning outcome (PLO) in each year between 2018 and 2023 (n = number of responders in each year).

The mean scores for how the students rated their confidence in meeting each PLO in each academic year range between 4.15 and 4.95, showing that on average, each PLO is rated as being between "somewhat agree" and "strongly agree". The PLOs with the highest average scores generally were PLO1 (mean of all years = 4.86), PLO5 (mean of all years = 4.69) and PLO6 (mean of all years = 4.36). The PLOs with the lowest average scores were PLO4 (mean of all years = 4.42) and PLO3 (mean of all years = 4.46), meaning students are expressing less confidence in their understanding of these PLOs compared to the other PLOs. These results led us to explore why students' confidence is seemingly lower for these PLOs compared to others.

Upon reviewing the curricular map (page 2), there is not a required course in the Kinesiology program in which PLO3 is considered to be "mastered" and there is only one course which provides "mastery" in PLO4. While there are six advanced area studies courses that achieve mastery in PLO3 and four courses for PLO4 (only one of which was offered during the 2020-21 academic year of remote instruction), it is feasible that some students may graduate with less exposure to that level of understanding in relation to these PLOs compared to the other PLOs since students have the opportunity to choose the advance area studies classes that they enroll in. In fact, for PLO3, students could progress through the curriculum without taking a course where this PLO is mastered. Additionally, the wording of PLO4 might also require consideration by the faculty, specifically the use of "commitment to". This may create a lack of clarity for the students since it is difficult to measure a student's commitment to being physically active and that aspect of the PLO is not necessarily knowledge-based. Therefore, this could potentially lead them to indicate less confidence in their understanding of PLO3 and PLO4.

Since the sample sizes for some years are small and the changes in average scores from one year to the next are also small, we have avoided examining the trends/changes in the average scores of each PLO from one year to the next.

Disbursement of Findings to KIN Faculty

Greater insight to the results of the assessment were obtained by discussing the results with all the faculty members in the Kinesiology department. The assessment report was discussed at the Kinesiology department meeting on Monday September 18, 2023, and subsequently shared with the faculty on September 19, 2023, where faculty were given the opportunity to provide feedback on the results. Faculty members offered the following comments which we feel give further context to the results and help with their interpretation:

- Faculty reflected positively on the assessment process for this academic year and the planned schedule for assessment over the next two academic years, outlined on page 4.
- The responses to the survey were consistently positive indicating graduating students have high confidence that they have mastered each of the program learning outcomes.
- The faculty also noted that the response rate for the survey in some years was low and therefore the results should be treated with caution.
- The lower scores for PLO4 require further investigation and potentially revisiting the wording of the PLO's to ensure they are precise and applicable.

Overall, the department believes this assessment process has been successful and the results reflect positively in the high scores for graduating students' confidence in meeting each of the six PLO's.

Department Response to 2022 Assessment Report

Feedback from the 2022 assessment report was overwhelmingly positive and we were grateful that our efforts in developing a strong report were recognized. The faculty in the department appreciated the positive feedback and we continue to discuss various methods to teach and assess student understanding of the PLOs.

Appendix

Table 1: Raw data for student scores for PLO1.

PLO 1	Answer	2018 %	Count	2019 %	Count	2020 %	Count	2021 %	Count	2022 %	Count	2023 %	Count
1	Strongly disagree	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0
2	Somewhat disagree	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0
3	Neither agree nor disagree	0.00%	0	4.00%	1	0.00%	0	0.00%	0	0.00%	0	0.00%	0
4	Somewhat agree	5.30%	1	12.00%	3	17.14%	6	18.75%	6	15.38%	2	10.53%	2
5	Strongly agree	94.70%	18	84.00%	21	82.86%	29	81.25%	26	84.62%	11	89.47%	17
	Total	100%	19	100%	25	100%	35	100%	32	100%	13	100%	19

Table 2: Raw data for student scores for PLO2.

PLO 2	Answer	2018 %	Count	2019 %	Count	2020 %	Count	2021 %	Count	2022 %	Count	2023 %	Count
1	Strongly disagree	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0
2	Somewhat disagree	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0
3	Neither agree nor disagree	0.00%	0	8.00%	2	2.86%	1	0.00%	0	0.00%	0	0.00%	0
4	Somewhat agree	36.80%	7	36.00%	9	28.57%	10	40.63%	13	33.33%	4	36.84%	7
5	Strongly agree	63.20%	12	56.00%	14	68.57%	24	59.38%	19	66.67%	8	63.16%	12
	Total	100%	19	100%	25	100%	35	100%	32	100%	12	100%	19

Table 3: Raw data for student scores for PLO3

PLO 3	Answer	2018 %	Count	2019 %	Count	2020 %	Count	2021 %	Count	2022 %	Count	2023 %	Count
1	Strongly disagree	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0
2	Somewhat disagree	0.00%	0	0.00%	0	2.86%	1	0.00%	0	0.00%	0	0.00%	0
3	Neither agree nor disagree	15.80%	3	16.00%	4	8.57%	3	3.13%	1	0.00%	0	5.26%	1
4	Somewhat agree	31.60%	6	24.00%	6	34.29%	12	50.00%	16	53.85%	7	26.32%	5
5	Strongly agree	52.60%	10	60.00%	15	54.29%	19	46.88%	15	46.15%	6	68.42%	13
	Total	100%	19	100%	25	100%	35	100%	32	100%	13	100%	19

Table 4: Raw data for student scores for PLO4.

PLO 4	Answer	2018 %	Count	2019 %	Count	2020 %	Count	2021 %	Count	2022 %	Count	2023 %	Count
1	Strongly disagree	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0
2	Somewhat disagree	0.00%	0	0.00%	0	2.86%	1	0.00%	0	0.00%	0	0.00%	0
3	Neither agree nor disagree	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0
4	Somewhat agree	21.10%	4	20.00%	5	74.29%	26	67.74%	21	84.62%	11	73.68%	14
5	Strongly agree	78.90%	15	80.00%	20	22.86%	8	32.26%	10	15.38%	2	26.32%	5
	Total	100%	19	100%	25	100%	35	100%	31	100%	13	100%	19

Table 5: Raw data for student scores for PLO5.

PLO 5	Answer	2018 %	Count	2019 %	Count	2020 %	Count	2021 %	Count	2022 %	Count	2023 %	Count
1	Strongly disagree	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0
2	Somewhat disagree	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0
3	Neither agree nor disagree	0.00%	0	8.00%	2	8.57%	3	0.00%	0	0.00%	0	0.00%	0
4	Somewhat agree	42.10%	8	24.00%	6	25.71%	9	31.25%	10	23.08%	3	36.84%	7
5	Strongly agree	57.90%	11	68.00%	17	65.71%	23	68.75%	22	76.92%	10	63.16%	12
	Total	100%	19	100%	25	100%	35	100%	32	100%	13	100%	19

Table 6: Raw data for student scores for PLO6.

PLO 6	Answer	2018 %	Count	2019 %	Count	2020 %	Count	2021 %	Count	2022 %	Count	2023 %	Count
1	Strongly disagree	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0
2	Somewhat disagree	5.30%	1	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0
3	Neither agree nor disagree	5.30%	1	0.00%	0	0.00%	0	0.00%	0	0.00%	0	0.00%	0
4	Somewhat agree	21.10%	4	36.00%	9	28.57%	10	28.13%	9	15.38%	2	22.22%	4
5	Strongly agree	68.40%	13	64.00%	16	71.43%	25	71.88%	23	84.62%	11	77.78%	14
	Total	100%	19	100%	25	100%	35	100%	32	100%	13	100%	18