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Department of Kinesiology  
College of Arts & Sciences  
Annual Assessment Report AY23-24  
Submission Deadline: November 1, 2024

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**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 not changed since the AY 2022-2023 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 from 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 not changed since the AY 2022-2023 assessment.

## Curricular Map

KIN Major Requirements	Course #	PLO #1 <i>Describe the relationship between physical activity participation and health, wellness, and quality of life</i>	PLO #2 <i>Explain how the scientific process informs our understanding of physical activity</i>	PLO #3 <i>Design and evaluate physical activity programs that promote health and improve quality of life</i>	PLO #4 <i>Demonstrate an understanding and commitment to physical activity practice.</i>	PLO #5 <i>Critically evaluate information about physical activity from a scientific basis</i>	PLO #6 <i>Critically evaluate research related to physical activity and its impact on health and chronic disease</i>
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 2022-2023 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	N/A	Year of Implementation	All courses in the major
2025-2026	5*	TBD*	KIN 398: Professional Practicum*
Spring 2027: Estimated Academic Program Review (APR)			

\*As of this submission, PLOs and level of mastery have not been determined for each class; however, it is assumed that this course will address PLO 5. Lastly, the course offerings for AY 2025-2026 have yet to be determined for the department, so this is subject to change.

## Assessment Methodology

Last year's assessment report examined the results of a graduate survey administered to graduating students from the kinesiology program. The graduate survey assessed students' perceived confidence in meeting each of the Program Learning Outcomes (PLOs) over the previous six academic years. The main outcome from the report was the need to review the wording and coverage of the kinesiology PLOs within the curriculum since it seemed students struggled with understanding the phrasing of the PLOs. Additionally, the PLOs may not have accurately reflected the curriculum being delivered. Since the assessment schedule outlined above planned for this academic year to be a "year of reflection," the Kinesiology department decided to begin the process of reviewing and revising the PLOs for this year's assessment exercise. This also seemed like an opportune time to review our PLOs with our estimated academic program review scheduled for Spring 2027.

The process of updating the PLOs began with the Kinesiology Department chairs who recognized the need for PLOs to better align with the department's vision within the evolving field of kinesiology, and provided clearer phrasing for students to easily comprehend. A thorough review process was undertaken, which included an examination of the department's mission, vision, and curriculum, as well as an assessment of how the PLOs aligned with USF's Institutional Learning Outcomes (ILOs). Discussions focused on core elements of kinesiology and the process for establishing undergraduate learning outcomes, and referencing guidelines from the American Kinesiology Association (2024). A review of PLOs from top-producing kinesiology programs was also conducted, followed by an identification of key areas that best represent the department's curriculum while aligning with the ILOs. Additionally, this process involved a review of existing course content and their corresponding Course Learning Outcomes (CLOs) and the creation of a draft matrix to map PLOs to ILOs. Key focus areas such as critical thinking, problem-solving, ethical decision-making, information literacy, communication, and civic engagement were evaluated for alignment with the mission and vision of both the department and the university.

Below are our proposed new PLOs:

1. **Content Knowledge.** Demonstrate comprehensive knowledge of foundational aspects of kinesiology encompassing anatomical, physiological, biomechanical, and behavioral components.
2. **Critical Thinking.** Demonstrate their knowledge of the scientific research process and apply it to think critically, evaluate, and analyze scientific findings.
3. **Application.** Apply evidence-based practices to understand and solve problems that enhance health and quality of life in diverse cultural settings.
4. **Communication.** Demonstrate effective written and oral communication skills for interacting within their professional communities.
5. **Professional Conduct.** Demonstrate an understanding of professional and ethical standards in kinesiology.

These PLOs were shared with the Kinesiology faculty at the Fall Faculty Retreat on August 19, 2024. The faculty reviewed the new PLOs, made modifications as needed, and gave positive feedback on the final outcome. As a result of this collaborative work, the PLOs were accepted via vote on Monday, October 7, 2024, and plans to implement them are detailed below.

### Implementation Plan

The next actions the Kinesiology department will take in order to modify our PLOs are as follows:

1. Revise curricular map based on new PLOs.
2. Update curriculog as needed.
3. Apply new PLOs to all courses in the KIN major.

## **Department Response to 2023 Assessment Report**

Feedback from the 2023 assessment report was 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.