



**Department of Kinesiology
College of Arts & Sciences
Annual Assessment Report AY24-25
Submission Deadline: November 7, 2025**

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 2023-2024 assessment.

Program Learning Outcomes (PLOs):

1. Demonstrate knowledge and comprehension of foundational aspects of kinesiology:
 - a. Describe the biological, physiological, and biomechanical bases of movement.
 - b. Describe the relationship between psychological constructs and movement.
 - c. Describe how motor skills are acquired and refined across the life span and within diverse populations.
2. Demonstrate knowledge of the scientific research process and apply it to think critically, evaluate, and analyze scientific findings.
3. Apply evidence-based practices to understand and solve real-world problems that enhance health and quality of life in diverse cultural settings.
4. Demonstrate effective written and oral communication skills for interacting within their professional communities.

5. Demonstrate an understanding of professional and ethical standards in kinesiology.
[Last Modified: October, 2025]

PLOs have changed for the AY 2024-2025 assessment.

Curricular Map

COURSE	Program Learning Outcomes				
	PLO 1. Demonstrate knowledge and comprehension of foundational aspects of kinesiology: a) describe the biological, physiological, and biomechanical bases of movement b) describe the relationship between psychological constructs and movement c) describe how motor skills are acquired and refined across the life span and within diverse populations	PLO 2. Demonstrate knowledge of the scientific research process and apply it to think critically, evaluate, and analyze scientific findings.	PLO 3. Apply evidence-based practices to understand and solve real-world problems that enhance health and quality of life in diverse cultural settings.	PLO 4. Demonstrate effective written and oral communication skills for interacting within their professional communities.	PLO 5. Demonstrate an understanding of professional and ethical standards in kinesiology.
BIO 113/114	I (a, b, c)				
BIO 115/116	I (a)				I
KIN 120	I (a, b)	I		I	I
KIN 200		I	I	I	I
KIN 220	R (a)	R	R		
KIN 300	R (a, c)	R	R	R	R
KIN 310	R (a)	R	R		
KIN 315	R (b)	R	R	R	
KIN 320	R (a, c)	R	R	R	
KIN 350	M (a)	R	R	R	
KIN 325		M	M	M	M
KIN 330		M	M	M	
KIN 335	R (a, b)		M	M	R
KIN 340	R (a)	R		R	
KIN 345	M (a, b)	M	M	M	
KIN 354	M (a)	R	M	M	
KIN 360		R	R	M	
KIN 362		R	R	R	R
KIN 368	M (a)	M	M		
KIN 398	M (a)	M	M	M	M

I = Introduced **R** = Reinforced **M** = Mastered [Last Modified: October, 2025]

The curricular map has changed for the AY 2024-2025 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	N/A	Re-mapping of new PLOs
Spring 2026: Estimated Academic Program Review (APR)			

Assessment Methodology

In August 2023, the KIN faculty discussed recreating the program learning outcomes (PLOs) based on the year of reflection in which we reviewed the recent graduating students’ perceptions of their success in achieving each PLO upon the completion of their degree. The department co-chairs spent time reviewing the PLOs at other well-respected institutions, and then proposed new PLOs. The department members provided feedback and adjustments, and the PLOs were approved.

In August 2024, department members were tasked with creating the curricular map that indicates the PLOs that each course assesses and the level of mastery (I: Introduced, R: Reinforced, M: Mastered). Through this process, it became clear that PLO 1 needed to be refined. PLO1 was originally, “Demonstrate comprehensive knowledge of foundational aspects of kinesiology encompassing anatomical, physiological, biomechanical, and behavioral components,” and was updated to “Demonstrate the knowledge and comprehension of foundational aspects of kinesiology: (a) describe the biological, physiological, and biomechanical bases of movement; (b) describe the relationship between psychological constructs and movement; and (c) describe how motor skills are acquired and refined across the life span and within diverse populations.”

Consensus was achieved, and the updated PLO was applied to the curricular map. Now that the curricular map has been completed, it will be implemented in each course starting in Spring 2026.

Outcomes

On review of the curriculum map, generally the Kinesiology program has good coverage of all its PLOs across the courses in our program. Of the five PLOs, PLO 5 (Demonstrate an understanding of professional and ethical standards in kinesiology) has the fewest classes where that PLO is addressed. Based on the elective courses that a given student could take in completing the program, there is a possibility that a student could graduate without Mastering that PLO. Therefore, as a faculty we need to consider additional opportunities within the classes in the program that could address PLO 5 at the Mastered level.

While the faculty members who regularly taught each class provided the information of which PLOs are covered in each class, along with the level of mastery, when reviewing the curriculum map in its entirety we see that a lot of the core courses in the program (KIN 300, KIN 310, KIN 315, KIN 320, KIN 350) are listed as reaching the Reinforced level. We therefore propose further discussion amongst the faculty to consider if any of these PLOs can be considered Mastered in some of the core classes, rather than only reaching Mastered in the elective classes. This could be of particular consideration for PLO 2 and 3, which are Reinforced in a foundational course (KIN 220) and therefore students would have to take that class prior to progressing on to some of the core classes where the PLO could then be mastered.

As we move forward with applying the PLOs to Spring 2026 courses, we will revisit these concerns to see if the PLOs have been properly mapped at the appropriate level of mastery.

Department Response to 2024 Assessment Report

The department appreciates the time and effort dedicated to providing thoughtful feedback on the 2023-2024 assessment report. A few concerns regarding the language selected for PLOs (e.g., demonstrate), and adequate assessment of broad concepts were brought forward. After careful thought, the department has decided to move forward with the language originally proposed. Please see the department's responses to concerns below.

[2023-2024 feedback]

The use of the verb, demonstrate is considered vague, as such, it is not clear what it is that you will assess.

Based on Bloom's taxonomy of measurable verbs, "demonstrate" is within the "application" stage of learning; therefore, this term provides the opportunity for instructors to determine the best way to assess students' ability to apply their knowledge to a variety of contexts.

Also, your Critical Thinking PLO is overly complex. How do you effectively assess this PLO when you are considering three separate realms of thinking?

PLO 2 states: "Demonstrate knowledge of the scientific research process and apply it to think critically, evaluate, and analyze scientific findings." The ability of the students to analyze, evaluate, and critically think about scientific research could occur within a single assignment or multiple. For instance, a student needs to understand how to analyze a scientific journal article in order to adequately be able to evaluate it; both of which involve higher-level thinking (*i.e.*, critical thinking).

Finally, your professional conduct PLO is well taken, but how do you assess if a student demonstrates an understanding of standards? Again, this is vague and doesn't lend itself to effectively demonstrate if a student achieves this PLO.

This PLO is intentionally vague as students can go into a variety of professions *e.g.*, healthcare, fitness industry, school setting). Determining if the PLO is achieved would be course- or topic-specific.

Overall, the department has taken steps towards creating and refining the Program Learning Outcomes to be comparable to other well-respected kinesiology departments while embracing USF's mission. We appreciate the reflection and discussion that arose from the 2023-2024 assessment report feedback.