

**ASSESSMENT REPORT ACADEMIC YEAR 2018
– 2019 REPORT DUE DATE: 11/01/2019 Email to
submit the report: assessment_cas@usfca.edu**

I. LOGISTICS

1. Please indicate the name and email of the program contact person to whom feedback should

be sent (usually Chair, Program Director, or Faculty Assessment Coordinator).

Please send correspondence to Shannon Siegel (ssiegel@usfca.edu), KIN Co-Chair and Co-Faculty

Assessment Coordinator, and Julia Orri (jorri@usfca.edu), Co-KIN Faculty Assessment Coordinator.

2. Please indicate if you are submitting report for (a) a Major, (b) a Minor, (c) a Major and

Minor aggregated report (in which case, each should be explained in a separate paragraph as

in this template), (d) a Graduate or (e) a Certificate Program

We are submitting a report for the Kinesiology Major.

3. Please note that a Curricular Map should accompany every assessment report. Have there

been any revisions to the Curricular Map?

The Kinesiology Department did not modify our Curricular Map.

II. MISSION STATEMENT & PROGRAM LEARNING OUTCOMES

1. Were any changes made to the program mission statement since the last assessment cycle in

October 2018? Kindly state “Yes” or “No.” Please provide the current mission statement below.

If you are submitting an aggregate report, please provide the current mission statements of

both the major and the minor programs

- **Mission Statement (Major/Graduate/Certificate):**

The Kinesiology Department did not modify our mission statement. The current mission statement is

below: 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.

2. Were any changes made to the program learning outcomes (PLOs) since the last assessment

cycle in October 2018? Kindly state “Yes” or “No.” Please provide the current PLOs below.

If you are submitting an aggregate report, please provide the current PLOs for both the

major and the minor programs.

- **PLOs (Major/Graduate/Certificate):**

We did not modify our KIN PLOs for the 2018-2019 academic year. The current Kinesiology PLOs and

curriculum map are
below.

Kinesiology Program Learning

Outcomes:

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.

3 | Page Curriculum Map: 3. State the particular program learning outcome(s) you assessed for the academic year 2018-2019. What rubric did you use?

• PLO(s) being assessed (Major/Graduate/Certificate):

After completing the assessment of our lower and upper division core courses between AYs 2015-2018,

our faculty concluded that the overall preparation and understanding of introductory concepts in kinesiology was insufficient. Therefore, for AY 2018-2019, we assessed the course that provides students

with the foundational knowledge necessary for successful progression through the major: Introduction to

Kinesiology (KIN 120). Program Learning Outcomes 1, 2 and 4 were assessed, and as this is an

introductory course, all learning outcomes were identified as introductory where students are introduced

to knowledge and skills and required to understand what they have learned. The rubrics used for the

assessment can be found in Appendix A and B. The PLOs and their method of assessment were as follows:

- PLO #1: *Describe the relationship between physical activity participation and health, wellness and quality*

of life ○ Method of assessment: Individual Case Study, Parts A & B

(KIN section 02)

- PLO #2: *Explain how the scientific process informs our understanding of physical activity*
 - Method of assessment: Scientific Article Presentation (KIN section 02)
- PLO #4: *Demonstrate an understanding and commitment to physical activity practice*
 - Method of assessment: Individual Case study, Part C (KIN section 02)

III. METHODOLOGY

Describe the methodology that you used to assess the PLO(s).

**• Methodology used
(Major/Graduate/Certificate):**

For the Individual Case study (N = 21), students were required to describe their physical activity history,

interests, injuries and barriers. There were three parts to this assignment (A, B, C). They completed nine

assignments in Part A: exercise readiness, resting heart rate, blood pressure, body mass index, waist

circumference, cardiorespiratory fitness, muscular strength and endurance and flexibility. Part B included

a dietary analysis, physical activity readiness questionnaire and lifestyle modification discussion. Part C

consisted of exercise motivation data, energy expenditure calculations and exercise prescription. Students

presented their data from each part of the case study in written form and the culminating piece of the

Individual Case Study was designing an exercise prescription for either themselves, or a friend or relative.

This assignment was parsed and graded in two sections: 1) PLO#1, Describe the relationship between

physical activity participation and health, wellness and quality of life, was assessed using Part A and B of the

Individual Case Study (30 points), and 2) PLO #4, Demonstrate an understanding and commitment to

physical activity practice, was assessed using Part C of the Individual Case Study (15 points).

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5 | Page The *Scientific Article Presentation* was used to assess PLO #2 (*Explain how the scientific process informs our understanding of physical activity*). Students were required to

select a peer-reviewed article reflecting on one of the subdisciplines of kinesiology (e.g., exercise physiology). The presentation required components such as the significance, purpose, methodology, results, strengths, limitations, and suggested improvements.

Following the presentation, students answered questions posed by fellow students and the instructor. This

assignment was worth 50 points.

IV. RESULTS & MAJOR FINDINGS

What are the major takeaways from your assessment exercise?

Results (Major/Graduate/Certificate):

The percentages scored for (Part A+B) of the *Individual Case Study* are presented in Table 1. The data reflect

the percentage of students that successfully obtained an A for each rubric (Complete Mastery: 90-100%), B

(Mastery in most components: 80-89%), C (Mastery in some parts: 70-79%), or lower (Outcome not

mastered at the level intended: <70%). The corresponding assessment rubric for this

assignment can be seen in Appendix A.

Table 1. KIN 120 Introduction to Kinesiology (sec 02)—overall meeting of requirements.

Score (grade) PLO #1 (A) PLO #1 (B) PLO #1 (A+ B) PLO #4

Complete Mastery

90-100% 92% 60% 76% 40%

Mastered Most Parts

80-89% 4% 20% 16% 36%

Mastered Some Parts

70-79% 4% 12% 0% 8%

Did Not Master the Outcome

<70% 0% 8% 8% 16%

6 | Page The percentages scored for the *Scientific Article Presentation* are presented in Table

2 and the corresponding assessment rubric for this assignment can be seen in Appendix B.

Table 2. KIN 120 Introduction to Kinesiology (02)—overall meeting of requirements.

Score (grade) PLO #2

Complete Mastery

90-100% 84%

Mastered Most Parts

80-89% 16%

Mastered Some Parts

70-79% 0%

Did Not Master the Outcome

<70% 0%

The results show that students completing KIN 120 have successfully met the course learning objectives.

Table 1 shows the results for PLO #1 in the case study. For Part A, 100% received a score of 70% or higher,

and for Part B, 92% received a score of 70% or higher. For PLO #4, 84% of the students scored 70% or

higher. Table 2 shows that all students scored 80% or higher on the Scientific Article

Presentation, thereby

demonstrating proficiency in PLO #2.

This was the first time that the rubric for the Individual Case Study was used. Students performed the lowest

for Part C of PLO #4. In future semesters, students will have access to the rubric prior to completing the

assignment, although they had specific instructions as to which materials needed to be included in the final

paper. A rubric would help ensure that all descriptions and supporting documents were complete. Also, it

would be helpful to provide an opportunity for peer-review prior to turning in the assignment to assure

they are thorough in their calculations and program design.

V. CLOSING THE LOOP: ACTION PLAN BASED ON ASSESSMENT RESULTS

1. Based on your analysis in Section 4, what are the next steps that you are planning in order to

achieve the desired level of mastery in the assessed learning outcome?

• Closing the Loop (Major/Graduate/Certificate):

For AY 2018-2019, per faculty discussion and concerns regarding the overall preparation and knowledge

level in our students enrolled in upper division courses, we chose to re-assess the three PLOs that were

related to our foundational course, Introduction to Kinesiology (KIN 120). As a department, we used grades

from projects and presentations to assess the three PLOs. The relevant PLOs for each course were posted

on the faculty member's syllabi, and also appeared on assignment rubrics. For example, for the Individual

Case Study, PLOs #1 and 4 were emphasized to the students in class so the expectations for the assignment

were clear. Thus, we have taken the recommendation from the previous Yearly Assessment Report

Feedback to teach the students the significance of each rubric, and have incorporated them into the specific

assignments, where students can compare their performance to the level of understanding expected in the

Kinesiology major.

2. What were the most important suggestions/feedback from the FDCD on your last assessment

report (for academic year 2017-2018, submitted in October 2018)? How did you incorporate or

address the suggestion(s) in the more recent assessment discussed in

this report?

**• Suggestions
(Major/Graduate/Certificate):**

We received very positive feedback on our 2017-2018 Yearly Assessment Report. Our mission, PLOs and methods were regarded highly. We made a strong effort to utilize well-developed rubrics, per the previous report. Additionally, direct methods of assessment were used, through class projects and presentations.

**VI. BIG
PICTURE**

What have you learned about your program from successive rounds of assessment? Is a picture of the whole program starting to emerge? For example, what areas of strength have emerged? What opportunities of improvement have you identified?

**• Big Picture
(Major/Graduate/Certificate):**

At our Kinesiology Department retreat this fall, our faculty noted that there are perceived deficiencies in our upper division courses, specifically in writing skills. For AY 2019-20 we will repeat the assessment of KIN 120 (PLO #2 & 4), using common assignments and rubrics between course sections in order to concretely establish if the PLOs are being met. Focus will be placed on ensuring the assignment and rubrics encompass the discriminating power necessary to provide us with meaningful feedback. Additionally, given our previous sample sizes have been small, we are making an effort to collect data in two course sections in the fall and spring to improve our assessed numbers.

VII. Feedback to your Assessment Team

We have been pleased with the process.

Thank you.

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ADDITIONAL MATERIALS

APPENDIX A

KIN PLO #1

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

Individual Case Study Rubric

Part A 15 points

- Physical activity history is described
- Interests and injuries are noted
- Barriers to PA are stated
- Overall fitness level is described
- Health assessment components are classified
 - Pre-screening ○ HR ○ BP ○ BMI ○ WC ○ CR fitness ○ Muscular endurance ○ Muscular strength ○ Flexibility

Part B 15 points

- Diet data are analyzed and related to individual's overall health and well-being
- PARQ+ data are reported and related to individual's current PA status
- Lifestyle modifications are described

KIN PLO #4 *Demonstrate an understanding and commitment to physical activity practice*

Part C 15 points Exercise Motivations Inventory data are

described

- Current exercise program illustrated using energy expenditure calculations
- Exercise prescription is designed Supporting materials: 5 points MyFitnessPal
- Exercise Motivations Inventory
- Excel spreadsheet
- PARQ+
- ExRx

**APPENDIX
B**

**Scientific Article Presentation Rubric (KIN
PLO #2)**

KIN 120 Article Presentation Name:

**Grading
Rubric**

Visual Presentation ____/5

Utilizes proper headings and
subheadings Minimal words
Appropriate pictures & graphs

Presentation Style ____/10

Good eye contact with
audience Clear and concise
talking points Easy to
understand Appropriate
clothing Minimal filler words
(e.g. "um" "and")

Presentation Content ____/20 **Basic Information**

Search Engine

Scientific Journal

*Primary Author Area
of Kinesiology*

Article Overview

Purpose Statement Importance Methods (participant
characteristics, general methodology, variables, effects)

*Results & Conclusions Strengths Limitations Missing
Information Suggested Improvements*

References ____/5

APA
format

Time ____/3

Completed presentation between 8-10

minutes

Questions Able to answer or discuss questions with the audience ____/2

Submitted Articles & Presentation ____/3

Article approved by Dr. Orri Completed presentation
submitted by 11:45 AM on presentation day

Participation ____/2

Provided 1 question per
presentation

