

## ASSESSMENT PLAN

**Human Performance and Sport Undergraduate**  
(Instructional Degree Program)

**B.A.**  
(Degree Level)

### **Program Mission:**

The mission of the Department of Exercise and Sport Sciences is to improve the quality of life related to the many aspects of human movement. We concentrate on a full spectrum of human potential, from young to old, fit to unfit, recreational to highly athletic, healthy to diseased, and able-bodied to disabled. Our programs are related to the study of exercise physiology, health, teaching, athletic injuries, recreation, sports administration, and coaching.

### **Student Learning Outcome 1:**

Demonstrate a mastery of content knowledge in their appropriate discipline.

### **NMHU Traits Specifically Linked to Student Learning Outcome 1**

Mastery of Content Knowledge and Skills

### **First Means of Assessment for Outcome 1:**

A majority of graduating students receive a GPA of 3.0 or above in HPS major coursework. While GPA is not our typical “means” for assessing our program outcomes, we use GPA in this instance as a benchmark for our own internal assessments of students’ overall exit performance from our program. This program includes emphasis areas in exercise science, recreation management, and physical education.

### **Summary of data:**

Number of Students Meeting Criterion:	<b>9</b>	Number of Students Not Meeting Criterion:	<b>2</b>
Total Number of Students Assessed:	<b>11</b>	Percent of Students Meeting Criterion:	<b>81.8%</b>

At 81.8%, a majority of students met the first means of assessment. Of the remaining two students, both were just slightly below the criterion of a 3.0 GPA at 2.89. No changes needed.

### **Interpretation of Results for Outcome 1**

### **Student Learning Outcome 2:**

Demonstrate the ability to use technology to enhance professional productivity.

**NMHU Traits Specifically Linked to Student Learning Outcome 2**

Effective Use of Technology

**First Means of Assessment for Outcome 2:**

- 1) Exercise Science students: a majority of students receive a 24/30 on the final project in HPS 421 and HPS 476.
- 2) Recreation and Sport Management students: a majority of students receive a 24/30 on the final project in HPS 461 and HPS 409.
- 3) Physical Education students: a majority of students receive a 24/30 on the final project in HPS 350 and HPS 495.

**Summary of data:**

Number of Students Meeting Criterion:	<b>38</b>	Number of Students Not Meeting Criterion:	<b>5</b>
Total Number of Students Assessed:	<b>43</b>	Percent of Students Meeting Criterion:	<b>88.37%</b>

**Interpretation of Results for Outcome 2:**

At 88.37%, a majority of students met or exceeded the standard for the means of assessment for outcome two. No changes are necessary.

**Student Learning Outcome 3:**

Demonstrate effective interpersonal communication skills.

**NMHU Traits Specifically Linked to Student Learning Outcome 3**

Effective Communication Skills

**First Means of Assessment for Outcome 3:**

- 1) Exercise Science students: a majority of students receive a 24/30 on papers and presentations in HPS 372 and HPS 376.
- 2) Recreation and Sport Management students: a majority of students receive a 24/30 on the final project in HPS 461 and HPS 409.
- 3) Physical Education students: a majority of students receive a 24/30 on the final project in HPS 387 and HPS 468.

**Summary of data:**

Number of Students Meeting	<b>39</b>	Number of Students Not Meeting	<b>4</b>
----------------------------	-----------	--------------------------------	----------

Criterion:		Criterion:	
Total Number of Students Assessed:	<b>43</b>	Percent of Students Meeting Criterion:	<b>90.6%</b>

**Interpretation of Results for Outcome 3:**

At 90.6%, a majority of students met or exceeded the standard for the means of assessment for outcome three. No changes are necessary.

**Student Learning Outcome 4:**

Demonstrate critical and reflective practices.

**NMHU Traits Specifically Linked to Student Learning Outcome 4**

Critical and Reflective Thinking Skills

**First Means of Assessment for Outcome 4:**

1) Exercise Science students: a majority of students will receive a 24/30 on final papers in HPS 405 and HPS 476. 2) Recreation and Sport Management students: a majority of students receive a 24/30 on the final paper in HPS 461 and HPS 409. 3) Physical Education students: a majority of students receive a 24/30 on the final project in HPS 350 and HPS 495.

**Summary of data:**

Number of Students Meeting Criterion:	<b>36</b>	Number of Students Not Meeting Criterion:	<b>4</b>
Total Number of Students Assessed:	<b>40</b>	Percent of Students Meeting Criterion:	<b>90%</b>

**Interpretation of Results for Outcome 4:**

At 90%, a majority of students met or exceeded the standard for the means of assessment for outcome four. No changes are necessary.