

# ASSESSMENT PLAN

**Health**  
(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.

NMHU Traits:

1. Mastery of Content Knowledge and Skills
2. Critical and Reflective Thinking Skills
3. Effective Communication Skills
4. Effective Use of Technology

## **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 Health 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 health education, health promotion and wellness, and pre-professional health.

### **1) Summary of data:**

|                                       |  |   |  |
|---------------------------------------|--|---|--|
| Number of Students Meeting Criterion: |  | Number of Students Not Meeting Criterion: |  |
| Total Number of Students Assessed:    |  | Percent of Students Meeting Criterion:    |  |

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

During this time period we were hiring health faculty, and due to the pandemic we were not able to obtain the raw data from contingent instructors. Reliable aggregate data was used to complete this assessment.

At 76.4%, a majority of students met the first means of assessment. Of the remaining four students, all were just slightly below the criterion of a 3.0 GPA.

**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. A majority of the students in HPS 4100, Measurement and Evaluation in Physical Education, will successfully complete their final research project with an 80% or above. This project uses excel and SPSS analysis software.

**2) Summary of data:**

|                                       |           |   |              |
|---------------------------------------|-----------|---|--------------|
| Number of Students Meeting Criterion: | <b>33</b> | Number of Students Not Meeting Criterion: | <b>20</b>    |
| Total Number of Students Assessed:    | <b>53</b> | Percent of Students Meeting Criterion:    | <b>62.2%</b> |

**Interpretation of Results for Outcome 2**

At 62.2%, 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:**

A majority of students in HLED 1130, Concepts of Health and Wellness, receive an average of 80% or above on their final PowerPoint Presentation.

**1) Summary of data:**

|                                       |          |   |            |
|---------------------------------------|----------|---|------------|
| Number of Students Meeting Criterion: | <b>8</b> | Number of Students Not Meeting Criterion: | <b>1</b>   |
| Total Number of Students Assessed:    | <b>9</b> | Percent of Students Meeting Criterion:    | <b>89%</b> |

**Interpretation of Results for Outcome 3**

At 89%, a majority of students met or exceeded the standard for the means of assessment for outcome three. These data change in normal fluctuation and remain a suitable standard. No changes are necessary. This class has several non-health majors in it every semester, so this is just showing the data for Health majors.

**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:**

A majority of students in HLED 4020, U.S. Mexico Border Health, receive an 80% or above average on both exams.

**1) Summary of data:**

|                                       |  |   |  |
|---------------------------------------|--|---|--|
| Number of Students Meeting Criterion: |  | Number of Students Not Meeting Criterion: |  |
| Total Number of Students Assessed:    |  | Percent of Students Meeting Criterion:    |  |

**Interpretation of Results for Outcome 4**

The classes met the criterion. The majority of students met or exceeded the 80% planned standard. These data change in normal fluctuation and remain a suitable standard. No changes are necessary.