Mission

The Exercise and Sports Science Department's mission is to prepare graduates for professional careers and advanced graduate studies in fields such as: physical therapy, occupational therapy, strength & conditioning, cardiac rehabilitation, fitness management, and wellness. This is accomplished through a combination of interactive classroom and unique hands-on laboratory experiences and internships. We support all University students working towards an accessible liberal arts education by providing the foundations for personal wellness.

Academic Year 2024-2025

Bachelor Exercise & Sports Science Learning Outcomes

EXSS 1.1a Students will demonstrate effective verbal communication.

EXSS 1.1a Students will demonstrate effective verbal communication in a formal setting.

MEASURES	RESULTS	ACTIONS
Final Internship Presentation Direct - Assignment *Internship:: EXSS 4950* **Target** Random sample (20%) of all possible sections. Score of ≥ 2 on rubric (meets standard) for all students. SLO 11a Rubric.docx	*No results have been added.*	**Revise Measurement / Assessment** **Not Started** We recently changed this from a formal oral presentation, to an informal poster presetation. Since this assignment is no longer being used, we need to determine a new artifact to assess. Recommended Due Date: 10/01/2025
Article Review Presentation Direct - Assignment *Exercise Physiology I: EXSS 2071* **Target** Random sample (20%) of all possible sections. Score of ≥ 2 on rubric (meets standard) for all students. SLO 11a Rubric.docx	*No results have been added.*	**Revise Measurement / Assessment** **Not Started** This assignment is no longer being used. We need to determine a new artifact to assess. Recommended Due Date: 10/01/2025

EXSS 1.2 Students will demonstrate effective written communication.

EXSS 1.2 Students will demonstrate effective written communication skills.

MEASURES	RESULTS	ACTIONS
Lab report assessment FA23 and FA24 The assessment will include two sets of lab reports. One from fall 2023 and one from fall 2024. We have worked to revise our strategies to teach scientific writing in this course and will use this tool to evaluate our progress after implementing our new strategies in fall 2024.	*No results have been added.*	**Revise Measurement / Assessment** **Not Started** We changed the lab report format for the fall 2024 and therefore need to determine a new determine a new artifact to assess. Recommended Due Date: 10/01/2025

Direct - Assignment *Exercise Physiology I: EXSS 2071* **Target** 80% of the students will achieve a score of 3 or above.		
Lab Reports Direct - Assignment *Exercise Physiology I: EXSS 2071* **Target** Random sample (20%) of all possible sections. Score of ≥ 2 on rubric (meets standard) for all students. SLO 12 Effective Written Communication Rubric.docx	MET **Analysis** Last assessed by Drs. Maldari and Parisi in 2020-2021. All students scores met or exceeded the benchmark score of 2 in all categories on the rubric.	**Revise Measurement / Assessment** **Not Started** We changed the set up for lab assignments, beginning in fall 2024. We need to determine how we will assess this SLO in the future. Recommended Due Date: 10/01/2025
Research Paper or C.A.T. Direct - Assignment *Nutrition in Exercise & Sport: EXSS 2300* **Target** Random sample (20%) of all possible sections. Score of ≥ 2 on rubric (meets standard) for all students. SLO 12 Effective Written Communication Rubric.docx	*No results have been added.*	**Revise Measurement / Assessment** **Not Started** This assignment is no longer being used. We need to determine a new artifact to assess. Recommended Due Date: 10/01/2025

EXSS 2.1 Practical Application of Skills

EXSS 2.1 Students will perform health-related fitness testing.

MEASURES	RESULTS	ACTIONS
Practical Exams Assessment of students practical exams in Exercise Testing and Prescription (EXSS 3450) a 3rd year course. Direct - Exam (Course) *Exercise Testing and Prescript: EXSS 3450* **Target** Random sample (20%) of all possible sections. Score of ≥ 2 on rubric (meets standard) for all students. SLO 21 rubric.docx	MET **Analysis** Last assessed by Drs. Alsup and Hilliard in 2022-2023. All students scores met or exceeded the benchmark of 2 in all categories on the rubric.	*No actions have been added.*

EXSS 3.1 Program Design

EXSS 3.1 Students will design exercise programs for the general population.

MEASURES	RESULTS	ACTIONS
Exercise Prescription Case Study Direct - Assignment *Exercise Testing and Prescript: EXSS 3450* **Target** Random sample (20%) of all possible sections. Score of ≥ 2 on rubric (meets standard) for all students. SLO 31 Rubric.docx	*No results have been added.*	**Gather Additional Data** **Not Started** Artifacts to be collected and analyzed in AY 2025-2026. Drs. Heikkinene and Keenan are tasked with this analysis. The departmental EXSS committee should review and revise the rubric for this SLO prior to their assessment. Recommended Due Date: 05/15/2026

EXSS 4 Quantitative Reasoning

EXSS 4 Students will demonstrate quantitative reasoning.

MEASURES	RESULTS	ACTIONS
Lab Reports Direct - Assignment *Exercise Physiology I: EXSS 2071* **Target** Random sample (20%) of all possible sections. Score of ≥ 2 on rubric (meets standard) for all students. SLO 4 Rubric.docx	MET **Analysis** Last assessed by Drs. Maldari and Parisi in 2020-2021. All students scores met or exceeded teh benchmark score of 2 in all categories on the rubric.	*No actions have been added.*

Evaluation of written lab reports (EXSS 2071)

Our procedure to teach scientific writing will be revised in fall 2024.

We have collected lab report from students in the fall 2023 and will collect lab reports from the fall 2024 class sections. We will compare work between fall 2023 and fall 2024 to evaluate our revised teaching strategies.

MEASURES	RESULTS	ACTIONS
Final Lab Report EXSS 2071 and 2072) We would like to review the compare the final lab report written in fall 2025, compared to a final lab report written in 2023 or prior, to see if our new method of teaching scientific	*No results have been added.*	**Gather Additional Data** **Not Started** Collect artifacts from EXSS 2071 and 2072. Recommended Due Date: 05/15/2026

writing has improved outcomes on SLOs 1.2 and 4. Direct - Assignment *Exercise Physiology I: EXSS 2071* **Target** Random sample (20%) of all possible sections. Score of greater than or equal to 2 on rubric (meets standard) for all studnets.		

EXSS 1.1b Students will demonstrate effective verbal communication.

EXSS 1.1b Students will demonstrate effective verbal communication in an informal setting.

MEASURES	RESULTS	ACTIONS
Practical Exams Direct - Exam (Course) *Exercise Testing and Prescript: EXSS 3450* **Target** Random sample (20%) of all possible sections. Score of ≥ 2 on rubric (meets standard) for all students. SLO 11b Rubric.docx	MET **Analysis** Last assessed by Drs. Alsup and Hilliard in 2022-2024. All students scores met or exceeded the benchmark score of 2 in all categories on the rubric.	*No actions have been added.*

EXSS 2.2 Practical Application of Skills

EXSS 2.2 Students will perform performance-related exercise testing.

MEASURES	RESULTS	ACTIONS
Lactate Threshold Lab Direct - Assignment *Exercise Physiology I: EXSS 2071* **Target** Random sample (20%) of all possible sections. Score of ≥ 2 on rubric (meets standard) for all students. We are still redeveloping this rubric!	*No results have been added.*	*No actions have been added.*
Practical Exams Direct - Exam (Course) *Assessment for Strengh & Cond: EXSS 3001* **Target**	*No results have been added.*	*No actions have been added.*

Random sample (20%) of all possible sections. Score of ≥ 2 on rubric (meets standard) for all students. We are still redeveloping this rubric!		

EXSS 3.2 Program Design

Students will design exercise programs for athletic performance.

MEASURES	RESULTS	ACTIONS
Periodization Project Direct - Assignment *Assessment for Strengh & Cond: EXSS 3001* **Target** Random sample (20%) of all possible sections. Score of ≥ 2 on rubric (meets standard) for all students. SLO 32 Rubric.docx	*No results have been added.*	**Gather Additional Data** **Not Started** Artifacts to be collected and analyzed in AY 2025-2026. Drs. Heikkinen and Keenan are tasked with this analysis. EXSS assessment committee should review and revise the rubric prior to their assessment. Recommended Due Date: 05/15/2026

CEP LO1 Program Design

CEP LO1 Students will adapt exercise programs for special populations.

This learning outcome is specifically for our students in the Clinical Exercise Physiology track.

MEASURES
No measures have been added.

SC LO1 Practical Application

SC LO1 Students will implement sport-specific training sessions.

This learning objective is specifically for students in our S&C track.

MEASURES
No measures have been added.