

**HPERDS Department Assessment Plan  
Spring 2005**

Emphasis: Physical Education-Exercise Science

Departmental Mission Statement: The Department of Health, Physical Education, Recreation, Dance and Sport offers experiences that equip students to interpret God's revelation through leisure, health, and human movement and to apply our understanding to living lives of celebration and service in society.

Exercise Science Assessment Coordinators: Dr. Nancy Meyer/Dr. Julie Walton

**ASSESSMENT PLAN**

Objectives	Method of Assessment
1. Exercise Science students will demonstrate an understanding of human functional anatomy and biomechanics.	Exit exam questions addressing ACSM KSAs 1-15
2. Exercise Science students will demonstrate an understanding of the basic principles of exercise physiology.	Exit exam questions addressing ACSM KSAs 18-55
3. Exercise Science students will demonstrate an understanding of human development and aging.	Exit exam questions addressing ACSM KSAs 59-66
4. Exercise Science students will demonstrate an understanding of introductory pathophysiology and risk factors for chronic diseases.	Exit exam questions addressing ACSM KSAs 69-80
5. Exercise Science students will demonstrate an understanding of human behavior and psychology.	Exit exam questions addressing ACSM KSAs 90-100
6. Exercise Science students will demonstrate an understanding of, and skills necessary for health appraisal and fitness testing.	Exit exam questions addressing ACSM KSAs 103-126;  PE 325 Lab Practical exam
7. Exercise Science students will demonstrate an understanding of, and skills necessary for emergency procedures and safety.	Exit exam questions addressing ACSM KSAs 130-142
8. Exercise Science students will demonstrate an understanding of basic exercise programming.	Exit exam questions addressing ACSM KSAs 148-193
9. Exercise Science students will demonstrate an understanding of nutrition and weight management.	Exit exam questions addressing ACSM KSAs 194-214
10. Exercise Science students will demonstrate an understanding of program planning, implementation and evaluation, and administrative and management issues.	Exit exam questions addressing ACSM KSAs 215-223
11. Exercise Science faculty will report the Graduate or Professional School acceptance rate of its alumni to its Advisory Board on a 3-year cycle.	Alumni survey every 3 years, beginning 2006.
12. Exercise Science alumni taking the ACSM Health/Fitness Instructor certification exam will become certified.	Alumni survey every 3 years, beginning 2006.