

This plan provides the PLO/SLO assessment plan for AY 2022-2025

Name of the program: ___Exercise Science_____

Plan for AY 2022-2023, 2023-2024, 2024-2025 _____

Expected date of submission 6/30/2022

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To ensure NYIT's CPI process meeting *MSCHE Standard V: Educational Effectiveness Assessment: Assessment of student learning and achievement demonstrates that the institution's students have accomplished educational goals consistent with their program of study, degree level, the institution's mission, and appropriate expectations for institutions of higher education.* in this CPI report, each department is requested to create a three-year assessment/evaluation plan to improve student learning **for each degree programs**. Reports should address the following points:

Program's Student Learning Outcome Assessment Plan

1. PLO: State/update each degree program's learning outcomes. The original PLO are here:
[http://www.nyit.edu/planning/academic assessment plans reports](http://www.nyit.edu/planning/academic_assessment_plans_reports).

At the completion of the bachelor of science in exercise science, a student will be able to

- 1. Examine an individual's current physical fitness status.**
- 2. Formulate a needs analysis to maximize their physical fitness improvement based on their current status and goals.**
- 3. Assess an individual's capacity, limitations and overall progression based on previous exam and needs analysis.**

CPI_STUDENT/PROGRAM LEARNING OUTCOMES

4. Evaluate the acute and chronic adaptation an individual experiences during a training program.
 5. Review the individual's physical fitness, needs analysis, goals, and progress to make decisions regarding the effectiveness and compliance of the fitness program.
 6. Compose a well-organized before and after evaluation of the individual to present the evidence or lack of evidence of fitness progression. Also, explain to the individual the next step in the fitness program.
2. Matrix: provide/update the assessment matrix that indicate which learning outcomes are assessed in which set of courses. The original matrix is here: http://www.nyit.edu/planning/academic_assessment_plans_reports.

Outcomes	Examine	Formulate	Assess	Evaluate	Review	Compose
Courses						
EXSC 100	X			X		
EXSC 110	X	X	X		X	
EXSC 150	X	X	X	X		
EXSC 160	X	X	X	X		
EXSC 200	X	X	X			
EXSC 210	X				X	

CPI_STUDENT/PROGRAM LEARNING OUTCOMES

EXSC 220	X	X	X	X		
EXSC 230	X		X			
EXSC 300	X	X	X	X	X	
EXSC 310	X	X	X	X	X	
EXSC 320	X		X			
EXSC 330	X	X	X			
EXSC 340	X	X	X	X		
EXSC 350	X	X	X	X	X	
EXSC 360	X	X	X	X	X	
EXSC 370	X	X	X	X	X	X
EXSC 400	X	X	X	X	X	X
EXSC 410	X	X	X	X	X	X

3. **METHOD:** Describe the method of assessment, and measurement instruments (e.g., rubric, exam items, scoring guide for a particular task, supervisor evaluation form, and standardized assessment tool). Note: direct learning outcome assessment is required. Both direct and indirect assessment are strongly recommended.

Direct measuring instruments include but not limited to: course assignment, portfolios, internships evaluation, capstone course work, thesis, research project, standardized tests, etc.

Indirect measuring instruments include but not limited to: Student survey, interview, alumni survey, employer survey, focus group, students' reflection, etc.

Direct assessment will consist of several measurement tools some of which are individualized based on student's individual interest in future profession or graduate school and some that all students will be required to proceed with.

2022-2023

Direct Measure Learning outcome 1: Examine an individual's current physical fitness status.

Benchmark: In EXSC 310 80% of students will get at least a B during their ICC exam.

Learning outcome 2: Formulate a needs analysis to maximize their physical fitness improvement based on their current status and goals.

Benchmark: In EXSC 410 80% of students will get at least a B during their presentation on their experiential learning.

Indirect assessment consists of an exit survey provided to all graduating students at the end of their final semester. The survey will highlight the PLO and will individually ask students for an evaluation of how well the program met each of the PLO during their

time at NYIT.

2023-2024

Direct measure learning outcome 3: Assess an individual's capacity, limitations and overall progression based on previous exam and needs analysis.

Benchmark: In 300 80% of students will get at least a B during their final presentation.

Direct measure learning outcome 4: Evaluate the acute and chronic adaptation an individual experience during a training program.

Benchmark: In EXSC 340 80% of students will get at least a B in their final project.

Indirect assessment consists of an exit survey provided to all graduating students at the end of their final semester. The survey will highlight the PLO and will individually ask students for an evaluation of how well the program met each of the PLO during their time at NYIT.

2024-2025

Direct measure learning outcome 5: Review the individual's physical fitness, needs analysis, goals, and progress to make decisions regarding the effectiveness and compliance of the fitness program.

Benchmark: In EXSC 310 80% of students will get at least a B during their final exam or will become certified as a CPT or CSCS.

CPI_STUDENT/PROGRAM LEARNING OUTCOMES

Direct measure learning outcome 6: Compose a well-organized before and after evaluation of the individual to present the evidence or lack of evidence of fitness progression. Also, explain to the individual the next step in the fitness program. Benchmark: In EXSC 400 80% of students will get at least a B during their final presentations.

Indirect assessment consists of an exit survey provided to all graduating students at the end of their final semester. The survey will highlight the PLO and will individually ask students for an evaluation of how well the program met each of the PLO during their time at NYIT.

4. Timeline of the PLO assessment: for example:

Program learning Outcome	AY22-23	AY23-24	AY24-25
Examine	X		
Formulate	X		
Assess		X	
Evaluate		X	
Review			X
Compose			X

5. Personal responsibilities for implementing the assessment, collecting data and analyzing the results against expected outcomes

Personal responsibilities will include creating and coordinating ICC assessment as well as reviewing grades and adapting assessment for future use, coordinating certification exams and expectations between course instructors and students (EXSC 310 will be directly linked with the NSCA CSCS exam and NSCI 480 with EXSC 350 will be directly linked with a certification as a personal health coach or ACSM/NSCA personal trainer), and implementing indirect assessment surveys will be given in a face-to-face setting with students during their final advising appointment Alex Rothstein, program coordinator, with the assistance of Amerigo Rossi, new full-time faculty member.

Analyzing results against expected outcomes will be the responsibility of Alex Rothstein and new faculty member Amerigo Rossi.

- II. Brief description of how the plan is shared and communicated with all faculty members in the department

The plan was developed with input from both full-time faculty members in the department, Alex Rothstein and Amerigo Rossi and therefore was agreed upon by both members. Additionally, adjunct faculty that will be involved in helping to organize certification exams with students were asked for their input and were made aware of this plan.

All other faculty will be informed by email at the beginning of their course semesters that these PLO are a focus point of the program.

