

PROGRAM REVIEW

Fairmont State Board of Governors

Program with Special Accreditation Program without Special Accreditation

Date Submitted December 15, 2020

Program Bachelor of Science: Exercise Science
Degree and Title

INSTITUTIONAL RECOMMENDATION

The institution is obligated to recommend continuance or discontinuance of a program and to provide a brief rationale for its recommendation:

- X 1. Continuation of the program at the current level of activity;
- 2. Continuation of program with corrective action (for example, reducing the range of optional tracks or merging programs);
- 3. Identification of the program for further development (for example, providing additional institutional commitment);
- 4. Development of a cooperative program with another institution, or sharing courses, facilities, faculty, and the like;
- 5. Discontinuation of the Program

Rationale for Recommendation:

Paul Reneau

Signature of person preparing report:

Amanda McKeath

Signature of Dean

Paul Reneau

Signature of Provost and Vice President for Academic Affairs:

[Signature]

Signature of President:

[Signature]

Signature of Chair, Board of Governors:

11/20/20

Date

12-15-20

Date

01/06/2021

Date

5/20/2021

Date

12/15/20

Date

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Executive Summary for Program Review

(not to be more than 2-3 pages)

Name and degree level of program

Exercise Science, Bachelor of Science

Significant Findings

Several changes have occurred since the 2015 5-year review. A result of the 2015 review is the addition of *PHED 3360: Strength & Conditioning* (3-credit hours). An additional course has been added within the Health and Human Performance Department, though not currently required as part of the major, is *PHED 1180: Medical Terminology* (3-credit hours). This course is required as a pre-requisite for multiple professional schools. PHED 3360 is in the regular rotation of course offerings and also part of the ongoing regular assessment process for this major.

The survey results (Appendix A, pg. 57) of Alumni showed several results. A leading comment of the survey was that students were required to go to another college or university to gain access to a two course Anatomy and Physiology series that is required for admittance to multiple professional schools (Occupational Therapy, Physical Therapy, Physician Assistant, etc.). This issue was addressed by the Biology Department within the College of Science and Technology. A two course Anatomy and Physiology series was developed and is now being offered as a two semester Advanced Anatomy and Physiology course that meets the pre-requisite requirements for multiple professional school options that are pursued by Exercise Science majors. These two courses began in Fall 2019 and were added by the College of Science and Technology in consultation with Exercise Science faculty as well as other departments and faculty across campus. The addition of these two courses has alleviated this concern and the need for students to gain access to these courses at another school.

Survey results showed that when asked, “When comparing yourself to others how do you consider your qualifications or preparedness?”, of a total of 55 responses 27 replied “More Qualified” and 25 replied “About the same as others”.

The program was reviewed by two external reviewers: Candi Ashley, Ph.D., Professor, University of South Florida and Mike Ryan, Ph.D. , Teaching Assistant Professor, West Virginia University. Their complete findings can be found in Appendix B, pg. 75.

In summary, Dr. Ashley states “the Exercise Science program at Fairmont State University provides students with a strong and comprehensive program with the theoretical knowledge and practical applications that will enable them to be successful in exercise/ fitness professions and in post-baccalaureate studies”. Additionally, she suggests that “The website states that graduates with the BS degree in exercise science are prepared to pursue careers as wellness coordinators, and health and wellness coaches. Wellness coaching is a quickly rising field in health and fitness professions. A course in wellness coaching that could lead to wellness coaching certification would be beneficial. Also, a course such as Organization and Administration of Fitness and Wellness Programs would help prepare students for a career as a wellness coordinator”.

Dr. Ryan summarizes “The Exercise Science Program at Fairmont State University provides students the knowledge and skills needed to acquire jobs in athletic coaching, health and fitness, and allied health areas. Furthermore, the program prepares students for graduate study in related fields such as exercise physiology, physical therapy, occupational therapy, physician assistant, chiropractic school”. He suggests that “a course or courses focusing on Motor Development, Motor Learning, or Motor Behavior would be helpful. The addition of a course in one of those areas would strengthen students' understanding of how to provide age/developmentally appropriate instruction leading to better movement mechanics, reduced risk of injury, and higher athletic performance levels”.

Plans for program improvement, including timeline

Based on the survey responses, along with the implementation of the two Anatomy and Physiology courses, and the addition of the Strength and Conditioning course, the faculty feel that the current curriculum meets the needs and expectations of the Exercise Science major and its goals. However, through the annual assessment process the faculty are continuously evaluating the major's goals and objectives and are discussing any changes that need to be implemented in the future. Currently, faculty are considering developing concentrations within the major. One concentration would focus on preparing students for further professional schooling, while another concentration would focus on preparing students for entry into the job market upon completion of the B.S. in Exercise Science. If it is decided to implement these concentrations, the plan would be to implement within the next two academic years. The addition of any courses that the external reviewers have suggested will have to undergo extensive research concerning current faculty course loads, availability of faculty to teach, as well as classroom and appropriate laboratory space. At this time faculty would like to get the potential concentrations in place before taking on any additional curriculum changes.

Additionally, the Exercise Science curriculum undergoes an annual review as required by the University's Assessments cycle for the Higher Learning Commission (HLC). Any results of these changes will be reflected in this annual on-going review. The full Assessment Plan, etc. can be found in the Assessment Requirements section within this document.

Identification of weaknesses or deficiencies from the previous review and the status of improvements implemented or accomplished

As mentioned in the Significant Findings portion of this report, weaknesses of a two semester Anatomy and Physiology course were identified and corrected along with the addition of a Strength and Conditioning course since the last 5-year review. Also, a Medical Terminology course has been added within the Health and Human Performance Department as an elective for students to take.

Five-year trend data on graduates and majors enrolled

Academic Year	Graduates	Majors*
2015-2016	35	168
2016-2017	35	177
2017-2018	34	154
2018-2019	43	138
2019-2020	32	138
Average	35.8	155
*# of majors based on Fall semester of Academic Year		

Summary of Assessment model and how results are used for program improvement

This is a summary of the assessment that was utilized for this 5-year review and also the annual assessment the Exercise Science major undergoes annually.

For this 5-year review a survey was administered to Graduates in September – October 2020. Alumni surveyed were graduates from Fall 2010 to Spring 2020. This was done to allow survey responses to be divided in five-year periods for analysis of those graduates who have been “out” for 5-10 years and those who are recent graduates. The results from the 55 survey respondents are noted in the table below. Complete survey results, and survey sample, are displayed in Appendix A. These results indicate that 50% of recent graduates, 76% of 5+ year graduates, and overall 58% of graduates are currently working within the exercise science field. Results also indicate 92% of recent graduates, 94% of 5+ year graduates, and overall 94.5 % of graduates rated themselves as more prepared or same as others prepared when compared to others in their work or graduate schools.

The Exercise Science program also undergoes an annual assessment as per HLC guidelines. For the 2019-20 academic year, the 3 program goals measured exceeded the ideal measurement. For the 10 student learning objectives measured, 7 exceeded the ideal measurement and 3 exceeded the satisfactory measurement. The full program goals, student learning objectives, assessment plan, and results can be found in the Assessment Requirements section within the full report.

Summary Results from Alumni Survey (55 surveys returned out of a possible 312 = 17.6%).

Fairmont State University			
Exercise Science Alumni Survey Instrument Summary			
	Overall	2010-15	2015-20
Number of Surveys	55	17	38

<i>Are you currently employed in a position that requires use of your Exercise Science Degree?</i>			
	Overall	2010-15	2015-20
Yes	32	13	19
No	23	4	19
Salary Range:			
<20,000 ____	5	0	5
20,000 – 40,000 ____	12	4	8
40,001 – 60,000 ____	19	9	14
> 60,000 ____	11	3	4
<i>How would you assess the future employment prospects of this degree program?</i>			
	Overall	2010-15	2015-20
Strong, High Demand ____	21	5	16
Moderate Need ____	26	6	20
Decreasing Need ____	2	2	0
Not Sure ____	6	4	2
<i>When comparing yourself to others with similar education and experience how do you consider yourself when comparing Qualified or Prepared?</i>			
	Overall	2010-15	2015-20
More Qualified/Prepared ____	27	9	16
About the same as others ____	25	7	19
Less Qualified/Prepared ____	0	0	0
Not Sure ____	3	0	3

Data on Student Placement

List of survey respondents (2015 – 2020) Graduate Schools attended & degrees pursued, Place of Employment – Job Title.
 (This list is from survey respondents only)

Survey Responses 2015 - 2020 Graduates

Graduate School Attended - Degree Pursued		Place of Employment - Job Title	
Fairmont State University	Business Administration	A durer Incorporated	Shop Manager
Fairmont State University	Education	American Family Fitness	Tier 2 Personal Trainer
Fairmont State University	Exercise Physiology	Chi Alpha Campus Ministry	US Campus Missionary
Fairmont State University	Teaching and Physical Education	Fairmont State University	Graduate Assistant and Owner
Liberty University	Human performance	Fairmont State University; Disability Action Center	Swim Coach, Life Enrichment Coach
Marietta College	Physician Assistant Studies	Glenville State College	Director of Fundraising
Marshall University	Healthcare Administration	Grazers Chop House	Bartender /Waitress
Pierpont Community & Technical College	Physical Therapy Assistant	Massage Envy Morgantown	Stretch Provider
Shenandoah University	Occupational Therapy	Morgantown	Business manager
University of Georgia	Sport Management	Orthopedic Medical Group of Tampa Bay	Physical Therapist Assistant
Wheeling University	Physical Therapy	The Heart Hospital Baylor Scott and White	Anesthesia Technician
West Virginia University	Doctor of Osteopathic Medicine	United Health Care	Registered Nurse
West Virginia University	Master's in Public Administration	UNC Medical Center, Chapel Hill, NC	Registered Nurse
West Virginia University	Nursing School	University of Georgia	Graduate Teaching Assistant

West Virginia University	Safety Management	University of Pennsylvania Health System	Environmental Health Safety Specialist
West Virginia University	Sport Management	Washington Irving Middle School	Cheerleading Coach
Palmer College Of Chiropractic	Chiropractic	West Virginia Board of Education	Substitute Teacher in Health
West Liberty University	Physician Assistant	West Virginia Wesleyan College	Head Acrobatics and Tumbling Coach
West Virginia University	M.D. School of Medicine	West Virginia University Medicine	Surgical Neurophysiologist
			Chiropractor / Gym Owner
			Doctor of Osteopathic Medicine
			Physician's Assistant

Grad School & Degree Pursued are same person Employment and Job Title are same person

Field	Graduates Fall 2015 - Spring 2020		Graduates Fall 2010 - Spring 2015	
	# of Alumni	Graduate School Accepted Into	# of Alumni	Graduate School Accepted Into
Chiropractic	1	Life College, Atlanta, GA	1	Palmer College of Chiropractic, FL
	1	New York Chiropractic College	2	Palmer College of Chiropractic, IA
	1	Sherman College of Chiropractic, Spartanburg, SC		
Doctor of Pharmacy			1	West Virginia University
Doctor of Naturopathy			1	Washington Institute of Natural Medicine
Doctor of Medicine	1	West Virginia University Medical School		