

PROGRAM REVIEW
Fairmont State Board of Governors

Program with Special Accreditation Program without Special Accreditation

Date Submitted February 1, 2011

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:

- 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:

Signature of person preparing report:

Date

Signature of Dean

Date

Signature of Provost and Vice President for Academic Affairs:

Date

Signature of President:

Date

Signature of Chair, Board of Governors:

Date

Executive Summary for Program Review

(not to be more than 2-3 pages)

Name and degree level of program

Exercise Science B.S.

External reviewer(s)

Candi Ashley Ph.D. Associate Professor University of South Florida

Thomas J. Pujol Ed.D. Professor and Chair, Southeast Missouri State University

Synopses of significant findings, including findings of external reviewer(s)

Responses to alumni questionnaire indicate that graduates, both those who entered the field and those in further schooling, felt they were as well prepared or better prepared when comparing themselves to other persons with similar education. Many also felt that the research project was a major plus of this program. Based on these findings and the recent curriculum changes there is no immediate plan to change this major at this time.

The summary of Dr. Ashley's review: Current course structure provides a good basis of the scientific knowledge needed for the field. The research course series gives students an excellent opportunity rarely seen in undergraduate programs. The internship hours may need to be increased to give students more opportunities to explore the specific fields within Exercise Science. (Complete Review Attached)

Plans for program improvement, including timeline

The faculty feel that no major changes are needed at this time. The faculty would like to give the current curriculum, which was revised 2 years ago, a chance to measure performance outcomes.

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

In the previous 5 year review graduates indicated that there was a need for a specialized populations class and also personal training knowledge. These were addressed by the recent (2 years ago) curriculum changes which included the following. Addition of a "Clinical Applications of Exercise Physiology" course, and also the addition of two classes titled "Group Fitness" and "Advanced Personal Training". This curriculum also removed the course titled "Lifespan Motor Development".

Five-year trend data on graduates and majors enrolled

Semester	Majors	Graduates
Fall 2005	32	1
Spring 2006	46	1
Summer 2006		2
Fall 2006	63	4
Spring 2007	77	16
Summer 2007		0
Fall 2007	75	1
Spring 2008	82	15
Summer 2008		2
Fall 2008	84	8
Spring 2009	85	9
Summer 2009		2
Fall 2009	97	3
Spring 2010	117	21
Summer 2010		1
Fall 2010	121	1
	Total of	97

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

The tools currently being used to evaluate the Exercise Science Program are as follows: 1) Design and Performance of an appropriate fitness test, 2) Design of an appropriate Individualized Exercise Program, 3) Capstone Research Project and 4) Evaluation of Internship by Intern site supervisor.

Design and Performance of fitness test is based on a class assignment within PHED 3316 course where students. These results are 61 A's, 48 B's, 14 C's, 6 F's.

Design an appropriate Exercise Program is also based on a class assignment within PHED 3316. These results are 66 A's, 36 B's, 19 C's, 2 D's and 6 F's.

Capstone Research Project results are based on the grade from PHED 4410 "Research Design" Class Spring 2006 to Spring 2010. These results are 33 A's, 36 B's, 2 C's, 1 D, 3 F's and 16 I's.

PHED 4420 Exercise Science Internship grades reflect the review by the intern site supervisor, therefore these grades are used in the review of this outcome. These grades from the Fall of 2005 to Fall 2010 are: 71 A's, 12 B's, and 21 I's. These are the grades given at the end of the semester in which the student registered for the class.

*All I's must be completed prior to graduation thus the reason for the number of Incompletes.

Based on these results and the responses of the Internship site supervisors, who are located outside of the HHP department, it appears that the current Exercise Science major is fulfilling it's goal and mission with the current curriculum.

Data on student placement (for example, number of students employed in positions related to the field of study or pursuing advanced degrees)

In the last 5 years the following number of students are pursuing advanced degrees:

Occupational Therapy	3
Physical Therapy	3
Physician Assistant	4
Medical School	1
Masters Degree Ex. Phys	4
Chiropractic School	1
Ph.D. Ex. Phys	1

Several students (approximately 6+) have also chosen to attend Physical Therapy Asst., Respiratory Asst. and Nursing programs.

Additionally a minimum of 12 students are currently employed in the field of Exercise Science as Personal Trainers, Fitness & Wellness. Please note that not all graduates responded to the alumni questionnaire.

Final recommendations approved by governing board

PROGRAM REVIEW

FAIRMONT STATE UNIVERSITY OR PIERPONT COMMUNITY AND TECHNICAL COLLEGE	
Program:	Exercise Science
School:	School of Education Department of Health & Human Performance
Date:	

Program Catalog Description:

The Exercise Science major integrates the theories and practicalities of exercise physiology in preparing graduates for a career in this field. The program relies on a scientific core which allows the student to gain a complete understanding of human physiology and how exercise

impacts that physiology. This understanding of the science of human movement/physiology is coupled with essential hands-on experiences that culminate in an internship in a health/fitness/wellness facility.

Graduates of this major are prepared to pursue careers in athletics programs, exercise/fitness centers, hospital wellness programs, corporate fitness programs, rehabilitation centers, and allied health areas. Additionally, the program prepares students for advanced study in related fields such as exercise physiology, physical therapy, occupational therapy, etc. Students also have the opportunity to actively participate in faculty research projects thus expanding their professional knowledge and abilities.

VIABILITY (§ 4.1.3.1)

Enrollments

Applicants, Graduates	See Attached
Program Courses	See Attached
Cost/student credit hour	See Attached

Adjunct use

Within the Exercise Science Program there are currently 2 classes that are taught by an adjunct instructor. These courses are PHED 2216 “Group Fitness” and PHED 2217 “Advanced Personal Training”. All other courses within the major are taught by full time faculty

Graduation/Retention Rates

See Attached

Previous Program Review Results

The previous program review identified two area’s that graduates thought needed to be addressed. These were the need for a EKG/clinical applications class, and a class that would prepare students for personal training. These concerns were addressed through the curriculum changes that were instituted in the most recent curriculum change. A new class, PHED 3317 “Clinical Applications in Ex Phys” was added along with PHED 3317 “Advanced Personal Training”. At the conclusion of PHED 3317 students are eligible to take a personal training

exam and attain a certificate of completion if they pass the exam.

Program Requirements:

Liberal Studies	32-42	_44__hrs	ENGL 1104 ENGL 1108 COMM MATH INFO 1100 6 Hours Culture/Civilization Exploration 3 Hours of History 8 Hours of Scientific discovery 6 Hours of Society/Human Interactions 6 Hours of Artistic/Creative Expressions
Major	32-65	_48_hrs	CHEM 1101 OR PHYS 1101 HLTA 1150 Intro to Health FOSM 1150 Sports Nutrition PHED 1100 Fitness & Wellness PHED 1121 Intro to Human Movement PHED 2211 Anatomy & Physiology PHED 2216 Group Fitness PHED 2218 Advanced Personal Training PHED 3312 Physiology of Exercise PHED 3313 Biomechanics PHED 3316 Fitness Assessment & Ex. Prescription PHED 3317 Clinical Applications of Ex Phys PHED 3318 Sport Social Psychology PHED 4400 Research Methods PHED 4410 Research Design PHED 4420 Exercise Science Internship SAFE 2200 Accident Analysis & Emergency Care
Electives	min 21	_36__hrs	
TOTAL	max 128	_128_hrs	

Faculty Data

See attached Faculty Data Sheets

Accreditation/national standards

The Exercise Science Major's current curriculum is based on the American College of Sports Medicine's Knowledge/Skills/Attributes.

NECESSITY (§ 4.1.3.3)

As mentioned previously in this report approximately 17 graduates have attended or are attending graduate school or professional school. Additionally a minimum of 12 graduates are employed (beyond the 17 who've attended further education) within the field of exercise science.

CONSISTENCY WITH MISSION (§ 4.1.3.4)

Explain how this program fits into the mission of the institution. Identify the relationship of this program to other programs at the institution, especially in terms of mutual support (e.g., shared faculty, shared facilities, shared course requirements for external program accreditation).

This major supports the mission of the university through the promotion of physical fitness and wellness. Additionally this program works in conjunction with the biology and chemistry departments in preparing students for further careers and education in various science fields.

Signatures and Recommendations

The required sheet with signatures and recommendation should be used as a cover sheet.