**Sinclair Community College - Continuous Improvement Annual Update 2011-12**

**Program:** Exercise, Nutrition & Sport Sciences

**Section I: Trend Data**

* 1. **Program Trend Data– Please include the three most recent years of data in each area so that trends may be examined.**
     1. **Course Success Rates – Please report the course success rates for:**
        + - **Highest enrollment courses**

**\*PED 106 Weight Training**

08-09 Success and Non Success Seat Count 1570

62.55% Success

09-10 Success and Non Success Seat Count 1761

63.26% Success

10-11 Success and Non Success Seat Count 1811

61.13% Success

* + - * + **Any courses that deviate - high and low - from the typical success rate for your department**

**\*PED 250 Introduction to Exercise Science** – There has been a steady increase in enrollment, but success rate has gone down. This is reflected in the most recent 3 year data.

08-09 Success and Non Success Seat Count 28

82.14% Success

09-10 Success and Non Success Seat Count 48

77.08% Success

10-11 Success and Non Success Seat Count 58

55.17% Success

The department believes the drop in success rate is due to the fact that the course is an introduction course and students are not prepared for the rigor of the material. The course has no prerequisites.

**\*PED 193 Physical Fitness Evaluation** – The enrollment in this course has significantly increased over the years. 06-07 Success and Non Success Seat Count was 19 with an 84.21% success rate.

08-09 Success and Non Success Seat Count 24

100% Success

09-10 Success and Non Success Seat Count 23

91.30% Success

10-11 Success and Non Success Seat Count 55

83.64% Success

* + 1. **Degree and certificate completion (where applicable)**

Associates of Applied Science in Exercise Science – EXSC.AAS

Beginning Date Fall 10

11/SP 1 graduate

11/SU 5 graduates

Exercise Specialist Certificate – ESS.STC

06-07 = 7 graduates

07-08 = 11 graduates

08-09 = 7 graduates

Physical Education Associate of Arts – PED.AA

06-07 = 15 graduated

07-08 = 11 graduated

08-09 = 9 graduated

* + 1. **Any additional data that illustrates what is going on in the program (examples might include course sequence completion, retention, demographic data, data on placement of graduates, graduate survey data, etc.)**

The department since offering the new Associates of Applied Science in Exercise Science has seen a switch of program declaration from Physical Education Associates of Arts with an emphasis in Exercise Science to the new degree.

* 1. **Interpretation and Analysis of Trend Data Included in the Section Above *Suggestions of questions that might be addressed in this section:***  *What trends do you see in the above data? Are there internal or external factors that account for these trends? What are the implications for the program or department? What actions have the department taken that have influenced these trends? What strategies will the department implement as a result of this data?*

One of the trends that the department is excited to see is a continued growth in the Exercise Science programs. We feel confident that this growth will only continue. Our advisory board, along with our internship sites encourages us to keep the rigor of the program so the program produces highly qualified graduates. The other trend we see is an ebb and flow with the course success rates. In some of our core courses the success rate has not been as high as expected. We need to be mindful of the downward dips in success rates and make sure that we as a department are doing everything possible to create a successful learning environment without compromising the integrity of the program.

**Section II: Progress Since the Most Recent Review**

1. What was the fiscal year of the most recent Program Review for this program? (The most recent Program Review self-study can be found at <http://www.sinclair.edu/about/administrative/vpi/pdreview/> ). 2005-2006
2. Briefly summarize the goals that were listed in Section IV part E of the most recent Program Review Self-Study (this section of the Self-Study asks “What are the department’s/program’s goals and rationale for expanding and improving student learning, including new courses, programs, delivery formats and locations”)?
3. **What are the department’s/program’s goals and rationale for expanding and improving student learning, including new courses, programs, delivery formats and locations?**

* Increase articulation agreements and support students with the transfer process.
* Continue to refine and expand the professional preparation of our students.
* Include the use of General Education Rubrics in courses, and use results to improve the department’s teaching of general education competencies.
* Improve the department’s use of assessment to improve student learning.
* Establish and develop a degree track in Sport and Recreation Management and a short term technical certificate in Coaching
* Maintain a close and effective partnership with Tech Prep and participating high schools; ensure a smooth transition of students into the department’s programs.
* Explore the possibility of a name change for the department to better encompass the department’s current and future mission and programs

1. What Recommendations for Action were made by the review team to the most recent Program Review?

**Recommendations for Action**:

* Establish future vision and strategies to guide the work of the department/program; attend to developing existing programs and courses fully before moving into additional new directions
* Monitor the employment outlook and placement for existing program tracks and certificates
* Use data more extensively to guide department planning and operations; request IPR studies to assist with data collection and analysis:
  + Conduct a needs assessment to ensure alignment of the department’s mission with capacity, resources, and future needs
  + Study the various populations served by the department, especially in activity classes, and evaluate the effectiveness and cost-effectiveness of the department’s service to each population
  + Explore the use of Exercise Science students to capture and manage data on the senior population (authentic case activity)
  + Study average class size
* Identify additional academic advising support for the department’s degree and certificate-seeking students
* Increase graduation rates
* Increase collaborations to facilitate the smooth transfer of students from the AA to baccalaureate study
* Study the implications of incorporating DEV prerequisites into program requirements
* Research and consider other internal collaboration opportunities

(e.g., Calibration with EGR, CPR with ALH, nutrition/dietetics with DIT)

* Ensure consistency of assessment and learning outcomes across multiple-section courses
* Explore additional or alternative faculty training and development options to ensure quality delivery across full- and part-time faculty members
* Work with the Grants Office to identify opportunities for external funding

1. Have the goals in your self-study changed since your last Program Review Self-Study as a result of the Review Team recommendations or for any other reason?  If so, please describe the changes.

The department is continually working on the recommendations given by the review team. We feel we have made progress in the recommendations.

1. What progress has been made toward meeting any of the goals listed in the sections above (b, c, and d) in the past year?

* Increase articulation agreements and support students with the transfer process.

\*The department works closely with Wright State, University of Dayton and Miami University. Students have the opportunity to transfer upon completion of their Associates Degree. The newest offering is with Wright State Wright State has granted the graduates with the Associates of Applied Science in Exercise Science direct admit.

* Continue to refine and expand the professional preparation of our students.

\*The students are exposed to a variety of activities throughout their program that helps them to prepare for their profession. The feedback from our internship sites validates that the students are not only meeting but exceeding expectations.

* Include the use of General Education Rubrics in courses, and use results to improve the department’s teaching of general education competencies.

\*Ongoing process, we have been really good about using the General Education Rubrics but not as strong in the area of using the results. Each faculty member has been implementing the rubrics in various assignments. The department has compared results and has been able to share activities that are working and have addressed needed changes in those activities that need adjusting. We will continue to work on this process.

* Improve the department’s use of assessment to improve student learning.

\*Department participates in several assessment opportunities; end of the quarter student surveys and a survey required by our accreditation. The information gathered from these surveys helps each faculty member assess and make improvements.

* Expand off campus programming where facilities are available.

\*The department is offering classes at Courseview, Preble County, Huber Heights and Englewood.

* Establish and develop a degree track in Sport and Recreation Management and a short term technical certificate in Coaching

\*The Sport and Recreation Management Track was implemented 2006. The Coaching Certificate has been submitted and waiting for approval with anticipated offering Fall 12.

* Maintain a close and effective partnership with Tech Prep and participating high schools; ensure a smooth transition of students into the department’s programs.

**Section III: Assessment of Outcomes**

The Program Outcomes for this program are listed below. **At least one-third of your program outcomes must be assessed as part of this Annual Update, and across the next three years all of these program outcomes must be assessed at least once**.

|  |  |  |  |
| --- | --- | --- | --- |
| **Exercise, Nutrition and Sport Sciences**  Program Outcomes | In which courses are these program outcomes addressed? | Which of these program outcomes were assessed during the last fiscal year? | Assessment Methods  Used |
| **1)** Exhibit an understanding of the principles of the biological aspects of life as related to the scientific world. | PED 270 |  | * PED 270 is the internship capstone course. Students will present in their portfolio the health disease continuum and illustrate how health disease status affects life. |
| **2)** Demonstrate and instruct effectively a wide variety of Physical Education skills and activities and be able to administer a wide variety of fitness evaluation assessments for exercise prescription. | PED 270 |  |  |
| **3)** Show an understanding of personal health concepts. Recognize and correctly treat bodily and/or health related problems with the scope of practice. | PED 270 | ASSESSED IN  FY 09-10 | * PED 270 is the internship capstone course. Students will be CPR & First Aid Certified. Students present in their portfolio their personal wellness log. |
| **4)** Explain the significance and importance of physical education/exercise science/sport and recreation management and its impact on society. | PED 270 |  |  |
| **5)** Identify best practice in physical education/exercise  Science/sport and recreation management. Demonstrate an ability to organize and develop a variety of recreation/fitness/  sport programming and events. | PED 270 |  |  |

1. For the assessment methods listed in the table above, what were the results?

Students successfully analyzed the scientific evidence that exists supporting the importance of optimal health.

1. Were changes planned as a result of the data? If so, what were those changes?

The students demonstrated they understood the task; 1**)** Exhibit an understanding of the principles of the biological aspects of life as related to the scientific world. The department as a result of going through Q2S has changed this outcome. The outcome was not stated clearly which made it difficult to understand and truly answer and measure.

Outcome Name – Movement, assessment and evaluation

Description of Outcome – Analyze the principles of the biological aspects of movement and to be able to administer a wide variety of fitness evaluation assessments for exercise prescription.

1. How will you determine whether those changes had an impact?

We will continue to gather data which will be evaluated; we will also get feedback from our internship sites so we can measure its usefulness in the professional field.

c) Starting with next year’s Annual Update, this section will ask about assessment of general education outcomes. For FY 2012-13, you will be asked how the department is assessing Oral Communication and Written Communication in your courses, and in addition you will be asked to share the results of those assessments. Please be prepared to address this in next year’s Annual Update.

d) Does your department have courses where there are common assignments or exams across all sections of the course? If so, please list those courses, and indicate whether you are currently examining results across all sections of those courses. The department has none at this time.

**Section IV: Improvement Efforts for the Fiscal Year**

1. **FY 10-11:** What other improvement efforts did the department make in FY 10-11?  How successful were these efforts?  What further efforts need to be made? If your department didn’t make improvement efforts during the fiscal year, discuss the strengths and weaknesses of the department over the last year and how the department plans to address them in the coming year.

The department had stated a possible collaboration with Counseling Services; this has not been done at this time. This improvement effort to collaborate with Counseling Services is still a task the department would like to focus on for 11-12. Meeting with Gwen Helton to establish a plan will be our first step.

The department successfully completed all courses, programs and other responsibilities at this time with the Q2S project. Tywan Corbitt joined the department as a “Grow Our Own” faculty member, completing his Masters degree from Xavier Spring 11. We offered the Associates of Applied Science in Exercise Science beginning Fall 10. Many of our students who were currently pursuing their Associates of Arts in Physical Education with an emphasis in Exercise Science switched programs, resulting in 5 graduating Spring 11, along with an additional 6 with their PED.AA degree.

**Latest CAAHEP (Commission on Accreditation of Allied Health Education Programs) Annual Report submitted: January 28, 2011**

Suggested areas to highlight for your report:

Culminating experience: certification exams and internships. New internship sites added last academic year, and continues to increase

36. culminating experience

a. National Certification Examination

Total number of students who took exam: 12 took exam

10 passed and earned certification on first attempt.

2 passed on second attempt and earned certification.

Scores are not provided to us.

b. Internship (if applicable)

Total number of students who interned: 12

Number of students who scored “Exceptional” (86-100%): 11 students out of 12 – 92%

Number of students who scored “Sufficient” (70-85%): 1 student out of 12 – 8%

37. How do culminating experience results compare with the previous two years’ culminating experience results?

There were a greater number of students taking a certification exam (8 in our first year and 12 this year) and all passed and earned certification. The number of students completing an internship increased (7 in our first year and 12 this year). In addition, we have added more internship sites.

**New Internship sites:**

NK Parts Associate Development Center

Power Enterprises Inc.

Personally Fit

CrossFit

Kettering Sports Medicine Center

Preble County YMCA

Miami Valley Hospital Cardiovascular & Pulmonary Rehab

Public Health – Dayton and Montgomery County

1. **FY 11-12:** What improvement efforts does the department have planned for FY 11-12? How will you know whether you have been successful?

The department will be establishing collaboration with Counseling Services along with Career Services. We have identified these two service areas to help us with student retention and success. We piloted Fall 11 a project where one of our capstone students went and participated in the virtual interview and also met regarding his resume. The feedback from these two assignments was very positive and impactful. The department also has been actively advising students to complete their degree in a timely manner. We are offering more opportunities for students to complete courses needed before moving to semesters. We will know if we are successful if we see more graduates from the EXSC.AAS and PED.AA programs. We are also working diligently on teaching syllabi and identifying teaching materials. The advisory board and internship sites have been helpful in our process. The department is also forecasting course offerings for semester terms.

Questions regarding completion of the Annual Update? Please contact the Director of Curriculum and Assessment at 512-2789 to schedule a time to review the template and ask any questions.