

2018 Annual Report and Program Assessment

Master of Science in Exercise Science

School of Counseling, Human Performance, and Rehabilitation

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Annual Report

The 2017-2018 year has been a “re-introducing” of the Masters program in Exercise Science. During the fall of 2016 it was discovered that the graduate school was mistakenly rejecting all applications (for the previous 2 years) into the program from prospective students. Once the issue was rectified and the graduate school website changed to reflect that the program was indeed accepting applications, aggressive recruitment began (recruitment was always on-going but students who had verbally committed never made it past the application process). During the Spring of 2017, 5 students were admitted into the program to begin in the Fall with 2 being unable to continue past the first few weeks due to visa issues. Therefore, 3 students began their program. During the Fall of 2017, 5 more students were admitted and all began their program starting Spring 2018. Currently, 3 more student have been admitted and registered for Fall 2018 classes and 2 additional students have committed. Recruiting will continue and growth looks positive. Currently we are searching for a new tenure track faculty member to replace a lost position with hopes that individual will be able to add their expertise to the program.

Student Enrollment:

Fall 2017: 5 admitted, 5 enrolled Total # of students = 3

Spring 2018: 5 admitted 5 enrolled Total # of students = 8

Fall 2018: 3 admitted, 2 currently submitting applications

Mission/Values

The mission of the Master of Science in Exercise Science is to build upon the base of knowledge students developed during their undergraduate studies, and to further expand their understanding within key areas of exercise science. An applied approach via numerous laboratory/application exercises is provided so students can utilize and transfer their education to a job type setting. The

students in the program are exposed to both advanced theory and application of those theories in a human performance measurement setting. The program provides a wide range of necessary knowledge of exercise science centered on their interests within biomechanics, exercise physiology, motor learning, sport nutrition and other special topics. Each of the major courses provides advanced knowledge within the areas of exercise science, and information showing how quantitative /qualitative assessments of human performance are conducted. This combination provides the students with a broad base of skills to give our students an advantage when entering the job market.

Student Learning Outcomes

At the end of this program, students will be able to:

- SLO1. Critically analyze human movement/sport performances both biomechanically and physiologically.
- SLO2. Develop an effective training or rehab program for an individual based on scientific principles.
- SLO3. Apply statistical techniques to describe human performances.
- SLO4. Perform various laboratory measures of human performance often utilized in Exercise Science.
- SLO5. Collect data, analyze, and develop a poster for submission an appropriate regional/national conference.

Student Learning Outcome Course Number	HHPS 7301	HHPS 7302	HHPS 7313	HHPS 7321	HHPS 7323	HHPS 7234	HHPS 7325	HHPS 7326	HHPS 7327	Elective	Project/ Thesis
SLO1				IPDA	IPDA	IPDA	IPDA	IPDA	IPDA		PDA
SLO2				IPDA	IPDA	IPDA	IPDA	IPDA	IPDA		PDA
SLO3	IPD	IPD	IPD	IPDA	IPDA	IPDA	IPDA	IPDA	IPDA		PDA
SLO4	IPD	IPD	IPD	IPDA	IPDA	IPDA	IPDA	IPDA	IPDA		PDA
SLO5	IPD	IPD	IPD	IPDA	IPDA	IPDA	IPDA	IPDA	IPDA		PDA
Notes: I – information/concepts introduced P – information/concepts practiced and reinforced D – demonstrates proficiency of outcome A – course where assessed											

Assessment Methods

SLO1. Critically analyze human movement/sport performances both biomechanically and physiologically.

During each of the Exercise Science content classes (HHPS 7321, 7323, 7324, 7325, 7326, & 7327) students will utilize laboratory equipment (Human Performance laboratory DKSN 604) to collect, analyze and interpret human movements relative to the concepts from the class content. Each class culminates in a conference-style poster/paper presentation from that data being made/graded.

SLO2. Develop an effective training or rehab program for an individual based on scientific principles.

During each of the Exercise Science content classes (HHPS 7321, 7323, 7324, 7325, 7326, & 7327) students will learn concepts from the class content to develop plans (training, rehab, developmental, rehab etc.) for individuals. Each class assess these concepts and plans by course assignment grades and grade distributions.

SLO3. Apply statistical techniques to describe human performances.

During HHPS 7301, 7302, & 7313 students will learn statistical procedures often used in human performance analyses. Each class assess these concepts and plans by course assignment grades and grade distributions.

SLO4. Perform various laboratory measures of human performance often utilized in Exercise Science.

During each of the Exercise Science content classes (HHPS 7321, 7323, 7324, 7325, 7326, & 7327) students will utilize laboratory equipment (Human Performance laboratory DKSN 604) to collect, analyze and interpret human movements relative to the concepts from the class content. Each class culminates in a conference-style poster/paper presentation from that data being made/graded.

SLO5. Collect data, analyze, and develop a poster for submission an appropriate regional/national conference.

During each of the Exercise Science content classes (HHPS 7321, 7323, 7324, 7325, 7326, 7327 & Project/Thesis) students will utilize laboratory equipment (Human Performance laboratory DKSN 604) to collect, analyze and interpret human movements relative to the concepts from the class content. This will ultimately be assessed on their comprehensive exams and their presentation/defense of their project/thesis.