General Education Core Requirements Assessment AY 2012-2013

Course name & number: EXSC 490 – Senior Capstone, Exercise Science

Instrument or assessment mechanism – Did not use a specific instrument, each project had a different outcome. When they worked with a community partner, that person or those people graded the effectiveness of the work. Students tracked the committee work with weekly agendas, and meeting minutes, and a final written report of the project.

Summary of the results from your instrument or assessment mechanism:

The course was offered winter 2013. The program has grown significantly so there were 90 students in the class. This is being remedied in 2013-2014 by the addition of a second capstone offered in spring quarter. The major is also eclectic with different goals so the group projects are done to address student interest as well as community need. The following is a list of the projects done with a variety of outcomes expected of each group.

2013 Group Projects Senior Capstone

1) Testing program for Feed Cheney – last Monday in February and testing for senior exercise class at Cheney Parks and Rec – Tuesday/Thursday mornings – Community Partners - Natalie Tauzin (Spokane Regional Health District), and Kim Best (Cheney Parks and Recreation). Data is being compiled to compare outcomes longitudinally for the senior exercise class. For Feed Cheney is was personal information provided about current health state relative to the components of fitness.

2) Evaluation of Senior Exercise Classes in Spokane for falls prevention content – SAIL program. Help create a 5-hour refresher for instructors and a class for new instructors to include SAIL knowledge and programming ideas – Community Partner – Marion Lee (Spokane Regional Health District). The data was used to write a paper that has been submitted for review for publication.

3) Lab research project – with Evan Hilberg, graduate teaching assistant.

4) Lab research project – with Austin Nelson, graduate teaching assistant.

5) Lab research project – with Ef Sanchez, graduate teaching assistant.

All three research project groups complete a review of literature, create a research question, complete data gathering, and statistical analysis, write a summary of results. All were presented at the Undergraduate Research Symposium.
6) Coordinate the Wetlands Trail Run for Cheney Parks and Rec planning, design, support, volunteers, and put on the run – Community Partner – Dane Standish, Let’s Move Cheney Coordinator. The run was completed and feedback from participants were very positive.

7) Eat Well Kick-off – Cheney School District and Let’s Move Cheney, then newsletter articles for the Let’s Move Cheney quarterly newsletter – Community Partner - Dane Standish, Let’s Move Cheney Coordinator. The Eat Well program was done with Cheney restaurants. The feedback was very positive, and Let’s Move is continuing to work with them to encourage healthy eating options at all restaurants. Articles have been used in the previous two newsletters.

8) Healthy Living Guide for the City of Cheney, created for a Parks Department Grant second year application that required the guide to be complete for submission – Let’s Move Cheney coalition – Community Partners - Paul Simmons, Cheney Parks and Recreation Director & Dane Standish, Let’s Move Cheney Coordinator. The grant was submitted and funded for the second year, and they are now working with the planning department to implement the guide.

9) Planning Department update for City of Cheney plan around PA – walkability, bikeability assessments, walking and running route maps – 3, 5, 7 and 10 miles, safety concerns – time of day, sidewalks, lighting, etc. – possibly using free apps – Community Partner – Dane Standish, Let’s Move Cheney Coordinator. All assessments were given to the planning department for their improvement plan to make Cheney a walkable and bikable community. The maps are available on the Parks and Recreation website.

10) Program evaluation and alumnae survey - the Exercise Science program was having it’s university 10 year review. A survey of the program was done based on American College of Sports Medicine standards for program accreditation, courses for the knowledge, skills, and abilities required of students, equipment available for laboratory work, and an alumnae survey of the program effectiveness. These were incorporated into the self-assessment report completed for both the internal and external reviewers of the program – Supervised by Wendy Repovich, program director
Interpretation of the results to determine what changes, if any ought to be made to improve student learning:

As mentioned in the previous section, there will be an addition section of capstone offered in the spring so the class size will be reasonable for both the students and instructor.