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## 2021 MS Strength & Conditioning

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# Major-ED-PE-Strength and Conditioning (MS)

2021

Completed

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## Institutional Mission

Arkansas Tech University is dedicated to student success, access, and excellence as a responsive campus community providing opportunities for progressive intellectual development and civic engagement. Embracing and expanding upon its technological traditions, Tech inspires and empowers members of the community to achieve their goals while striving for the betterment of Arkansas, the nation, and the world.

## Program Mission

Program Learning Outcomes		Expectations/Target for this Outcome	Findings/Results
<p>1 <b>Calendar Year Assessment Information</b> 2021 ***** 2021 ANNUAL REVIEW ***** - DOWNLOAD AND COMPLETE THE "AUDIT TEMPLATE" FORM FOUND IN THE PROJECT ATTACHMENTS SECTION BELOW. - SAVE AND UPLOAD THE COMPLETED FORM IN THE PROJECT ATTACHMENTS ***** APPROVALS &amp; INFORMATION BLOCK (**NOTE**. This block provides a brief description of actions taking place (or planned to take place) during the current assessment cycle. If there are more (or less) outcomes assessed, please alter as necessary. Additional comments are also welcome.) Point of Contact for this year's assessment (add additional names as needed): 1) Gina Kraft 2) APPROVALS ----- Department Head Approval: Date: Dean Approval: Date: Office of Assessment Review: Amanda Gardner Date: 7/22/22 ----- Program Level Context: Student Learning Outcomes Assessed during Calendar Year 2021 (Add more as necessary): Outcome 1: Curriculum Committee Proposals or Changes (erase choice not used): Y / N Assessment Data Used as Support for Change: (give Outcome #) Is Status of Project Noted in Title Bar Current? (erase choice not used): Y / N Are All Attachments Noted in Assessment Plan Added Below? (erase choice not used): Y / N ----- Additional Comments:</p>			

Program Learning Outcomes		Expectations/Target for this Outcome	Findings/Results
<p>Outcome has action plan</p> <p>1.1</p> <p>Scientific knowledge</p> <p>Students will demonstrate the necessary scientific knowledge to be effective strength coaches.</p> <p><b>ACTION PLAN</b></p> <p>Things to accomplish in 2022</p> <p>DUE</p> <p>no due date set</p>	<p>1.1.1</p> <p>Diet Analysis Assignment (SCS 6063)</p> <p>Diet analysis assignment completed midway during the semester in SCS 6063 Trends in Sports Nutrition and Metabolism.</p>	<p>1.1.1.1 <b>Not Met</b></p> <p>80% or better</p> <p>All students will obtain 80% or better on this assignment.</p>	<p>Only 4 students took the class this semester. 3 of them scored better than 80%. One student was lower. The class average was 81.7% (Fall 2021)</p> <p><b>REFLECTION ON FINDINGS AND RECOMMENDATIONS FOR NEXT STEPS</b></p> <p>I tried to improve the syllabus description after the previous year. However, some confusion still seemed to remain. The student who performed poorly took advantage of a redo opportunity and improved his score to a B; however, because of the policy to average the scores, they earned a C overall. (This improved the class average to an 84.5%.) I have already updated the syllabus to improve the language related to this assignment.</p> <p>Another challenge is the diet analysis tool selected by the students. Not all students chose tools that provided reports with enough detail for this graduate level assignment. I tried to improve the guidance provided regarding the tools, but the student who scored poorly chose a poor tool. Continued better guidance in terms of tools may be needed. I have already updated the syllabus for the next time regarding the diet analysis tool</p> <p>(Fall 2021)</p>
	<p>1.1.2</p> <p>Lab Report (PE 6053)</p>	<p>1.1.2.1</p> <p><b>Not Reported this Period</b></p> <p>80% or better</p>	<p>This course was not taught during the 2021 academic year. (Fall 2021)</p> <p><b>REFLECTION ON FINDINGS AND RECOMMENDATIONS FOR NEXT STEPS</b></p>

Program Learning Outcomes		Expectations/Target for this Outcome	Findings/Results
	Lab report from PE 6053 Biomechanics.	All students will obtain 80% or better on this assignment.	None as this course was not taught.  (Fall 2021)
	<p>1.1.3 Lab Report (PE 6033)</p> <p>Lab report from PE 6033 Exercise Physiology. This may be completed individually or as a group.</p>	<p>1.1.3.1 <b>Exceeded</b> 80% or better</p> <p>All students will obtain 80% or better on this assignment, regardless of whether it is completed individually or as a group.</p>	<p>The average student performance was 90.5%. All students were above 80% with a range of 81% to 96%. (Spring 2021)</p> <p><b>REFLECTION ON FINDINGS AND RECOMMENDATIONS FOR NEXT STEPS</b></p> <p>This was the third lab report of the semester. By this point, students had figured out the expectations for the assignment and performed well.</p>
	<p>1.1.4 Assignment from PE 6043</p> <p>Select an assignment from PE 6043 Motor Learning to be used for assessment.</p>	<p>1.1.4.1 <b>Not Met</b> 80% or better</p> <p>All students will obtain 80% or better on this assignment.</p>	<p>For Spring 2021, the Wayne Gretsky Assignment was selected. The average score was 82% with a range of 72 to 94%. Out of 9 students 1/3 scored below the target.</p> <p><b>REFLECTION ON FINDINGS AND RECOMMENDATIONS FOR NEXT STEPS</b></p> <p>This was a typical weekly assignment. Students were able to select from several chapter options. This option was selected by all students in the class, which is why it was used for the Assessment plan. Students did not seem to have a lot of motivation to complete these assignments thoroughly, which likely contributed to the low scores. Overall performance in the class was better than is reflected in this particular assignment.</p>

Program Learning Outcomes		Expectations/Target for this Outcome	Findings/Results
	<p data-bbox="478 435 531 467">1.1.5</p> <p data-bbox="478 492 741 565">Final Presentation (PE 6083)</p> <p data-bbox="478 613 779 906">This is the final project presentation for PE 6083 Research Design and Statistics in Physical Education. This takes place at the end of the semester.</p>	<p data-bbox="827 435 900 467">1.1.5.1</p> <p data-bbox="911 435 1100 467">Partially Met</p> <p data-bbox="827 492 999 524">80% or better</p> <p data-bbox="827 548 1157 621">All students will score 80% or better</p>	<p data-bbox="1201 240 1944 362">Perhaps selecting a better assignment would result in better performance. Additionally, the instructor needs to find ways to increase motivation for regular assignments in an online class.</p> <p data-bbox="1201 443 1982 557">Unknown. Students took EDFD 6003 instead of this class. The final paper was used. The average score was 88.86% with a range of 78-98%. (Fall 2021)</p> <p data-bbox="1201 581 1948 654"><b>REFLECTION ON FINDINGS AND RECOMMENDATIONS FOR NEXT STEPS</b></p> <p data-bbox="1201 703 1982 1125">All but one student met the target. As this course was taught outside of the department, it is unknown exactly why this student struggled to meet the 80% standard. All other students met the target. Four of the 7 students were above 90%. This was the first time the course was taught outside the department. The experiment seems to have worked well overall. The professor enjoyed the SCS students, and the SCS students likewise seemed to have enjoyed the professor and the course. Based on scores, most students seemed to have learned adequately about the research process.</p>
<p data-bbox="132 1206 170 1239">1.2</p> <p data-bbox="132 1263 443 1515">Integrated Knowledge Students will demonstrate integrated scientific knowledge &amp; practical knowledge / skills in a successful research or</p>	<p data-bbox="478 1206 531 1239">1.2.1</p> <p data-bbox="478 1263 741 1336">Final Program Project (SCS 6103)</p> <p data-bbox="478 1377 793 1498">This is the final project for the program. It is a pass/fail project and takes</p>	<p data-bbox="827 1206 900 1239">1.2.1.1</p> <p data-bbox="911 1206 995 1239">Met</p> <p data-bbox="827 1263 957 1295">100% pass</p> <p data-bbox="827 1320 1125 1393">All students will pass the final project.</p>	<p data-bbox="1201 1206 1990 1320">Spring - 1 student took and passed this class. Summer - 2 students took and passed this class. Fall - 4 student took and passed the Professional Project class. (Fall 2021)</p> <p data-bbox="1201 1344 1948 1417"><b>REFLECTION ON FINDINGS AND RECOMMENDATIONS FOR NEXT STEPS</b></p>

Program Learning Outcomes		Expectations/Target for this Outcome	Findings/Results
creative project or internship.	place in SCS 6103 Professional Project		<p>All but 2 student completed internships. Two students were hired by the end of their internship experience.</p> <p>One student completed a research based project and one a creative project.</p> <p>One internship was at a DII school. All other internships were at DI schools.</p> <p>Students continue to find high quality internship sites.</p>
<p><b>1.3</b></p> <p>Practical knowledge and skills</p> <p>Students will demonstrate the practical knowledge &amp; skills to be effective strength coaches.</p>	<p><b>1.3.1</b></p> <p>52-week Annual S&amp;C Planning Presentation (SCS 6033)</p> <p>This is the 52-week annual S&amp;C planning presentation for SCS 6033 Strength and Conditioning Program Design &amp; Development.</p>	<p><b>1.3.1.1</b> <span style="background-color: #4F81BD; color: white; padding: 2px;">Partially Met</span></p> <p>80% or better</p> <p>All students will obtain 80% or better on this assignment.</p>	<p>Spring 2021: Mean = 86.43 +/- 6.74 Range = 71-94 Fall 2021: Mean = 84.38 +/- 0.96 Range = 83 - 85.5</p> <p><b>REFLECTION ON FINDINGS AND RECOMMENDATIONS FOR NEXT STEPS</b></p> <p>Spring 2021: The majority of these students had experience with strength and conditioning systems as athletes, internships, or as a coach. Only one student received a grade of 71, the next lowest was 86.</p> <p>Fall 2021: These students did not have the robust strength and conditioning experiences as previous courses thus their grade scheme had a lesser range. Nonetheless, they still met the target for this outcome.</p>

Program Learning Outcomes		Expectations/Target for this Outcome	Findings/Results
			No changes needed currently as students with weak background still performed adequately.
<p data-bbox="478 394 533 418">13.2</p> <p data-bbox="478 448 758 521">Case Study Based Final Exam (SCS 6013)</p> <p data-bbox="478 570 789 773">This is a case study based final exam for SCS 6013 Measurement and Evaluation in Strength and Conditioning.</p>		<p data-bbox="827 394 898 418">13.2.1</p> <p data-bbox="932 394 1094 418">Partially Met</p> <p data-bbox="827 448 999 472">80% or better</p> <p data-bbox="827 501 1163 618">All students will obtain 80% or better on this assignment.</p>	<p data-bbox="1199 394 1976 511">The average performance was 90.6% with a range of 80.0% to 101.8%. Two students had suspiciously similar exams that are still being evaluated.</p> <p data-bbox="1199 537 1948 610"><b>REFLECTION ON FINDINGS AND RECOMMENDATIONS FOR NEXT STEPS</b></p> <p data-bbox="1199 659 1965 902">Students performed remarkably well on this exam. This may be due to the extra class time that was taken to help them prepare. While no specific exam questions were provided, we spent some extra time emphasizing the decision making process for test selection. Students benefited from this, based on their exam scores.</p> <p data-bbox="1199 967 1965 1032">Perhaps this emphasis on the decision making process needs to become a more formalized part of the class.</p> <p data-bbox="1199 1097 1318 1122">(Fall 2021)</p>
<p data-bbox="478 1206 533 1230">13.3</p> <p data-bbox="478 1260 779 1377">Programming Exam and Hands-on Coaching (SCS 6043)</p> <p data-bbox="478 1425 772 1498">This is the programming exam and hands-on</p>		<p data-bbox="827 1206 898 1230">13.3.1</p> <p data-bbox="932 1206 989 1230">Met</p> <p data-bbox="827 1260 999 1284">80% or better</p> <p data-bbox="827 1313 1163 1430">All students will obtain 80% or better on this assignment.</p>	<p data-bbox="1199 1206 1965 1279">There was only 1 student in the class this time. They scored 86% on the assignment.</p> <p data-bbox="1199 1305 1948 1378"><b>REFLECTION ON FINDINGS AND RECOMMENDATIONS FOR NEXT STEPS</b></p>

Program Learning Outcomes		Expectations/Target for this Outcome	Findings/Results
	<p>coaching experience in SCS 6043 Techniques for Development of Hypertrophy, Strength &amp; Power.</p>		<p>With only 1 student, it is difficult to know how well the target it truly met.</p>
	<p>1.3.4 Programming Exam and Hands-on Coaching (SCS 6053)</p> <p>This is the programming exam and hands-on coaching experience in SCS 6053 Techniques for Development of Speed, Agility, Reaction Time &amp; Endurance.</p>	<p>1.3.4.1 <span style="background-color: #92d050; padding: 2px;">Met</span></p> <p>80% or better</p> <p>All students will obtain 80% or better on this assignment.</p>	<p>There was only 1 student in the course. He scored 85% on the assignment.</p> <p><b>REFLECTION ON FINDINGS AND RECOMMENDATIONS FOR NEXT STEPS</b></p> <p>With only 1 student, it is difficult to know how well the target it truly met.</p>