

## Program Review Form

**Program Review Year:** 2016-2019

**Name of Program Being Reviewed:** Physical Education and Exercise Science (all emphasis)

**Degrees Covered by Review:** Physical Education (used for teaching licensure, Grades K-12), Exercise Science (emphasis in recreational leadership,

**Name of Department:** Arts and Sciences

**Department Chair:** Ian Hawkins

**Program Coordinator:** Gary Turner/Greg Fawbush

### Mission of the College

*The mission of Welch College is to educate leaders to serve Christ, His Church, and His world through Biblical thought and life.*

#### Strategic Initiative (from the strategic plan)

Strategic Initiative #1 – Integrating a Christian worldview.

The College will develop policies, programs, and activities which will enable students to develop a worldview that integrates the Christian faith with the academic disciplines in the whole of life.

#### Strategic Objective (from the strategic plan)

Strategic Objective 1.1 – Develop a curriculum that integrates the Christian worldview throughout all programs of study.

#### Program Objectives (from the College Catalog)

The student should be able to:

1. Design, implement, and maintain a physical education program for today's school
2. Articulate a meaningful philosophy of physical education
3. Design exercise programs using established principles and guidelines
4. Analyze the teaching act as a means of continually improving teaching skills

#### Program Objectives link to Institutional Purpose/General Objectives of the College

The Program Goals and Objectives are: teach and utilize the four components of total fitness – the physical, social, mental/emotional and spiritual – to encourage a life of wellness. We educate the whole person and our discipline allows us the opportunity to teach students how to relate with others, control emotions, and learn positive lifestyle habits as well as teach physical skills. These goals fulfill appropriate general objectives of the College with special attention given to #6 a knowledgeable commitment to physical and emotional health, #7 Christian leadership, #8 Social Adjustment, and #9 Vocational skills as appropriate in the field of Exercise Science.

### Program Objectives link to Departmental Objectives

The Program Goals and Objectives are: teach and utilize the four components of total fitness – the physical, social, mental/emotional and spiritual – to encourage a life of wellness. We educate the whole person and our discipline allows us the opportunity to teach students how to relate with others, control emotions, and learn positive lifestyle habits as well as teach physical skills. These goals fulfill appropriate departmental (Arts and Sciences) objectives with special attention given to #6, #9, #10, #11, and #12.

### Courses Aimed to Accomplish Specific Program Objectives

Program Objective	Courses
1. Design, implement, and maintain a physical education program for today's school	PHE 2100, PHE 3256, PHE 3264, PHE 4006, PHE 4707, EDU 2001, EDU 3651
2. Articulate a meaningful philosophy of physical education	PHE 250, PHE 2705, BIO 2401
3. Design exercise programs using established principles and guidelines	PHE 2606, PHE 3104, PHE 3156, PHE 3205, PHE 494, EDU 4500, EDU 4700
4. Analyze the teaching act as a means of continually improving teaching skills	PHE 325, PHE 3264, PHE 3503, PHE 3704, PHE 4103, EDU 2102, EDU 4401 ? PHE 2455

**Program Review: Assessment**

<b>Program Objective</b>	<b>Means of Assessment</b>	<b>Strategic Objective/Goal</b>	<b>Results (2016-2017)</b>
What we want to do (general)	How we will know if we did it	Specific Goals	What actually happened
Develop leadership	Presentation will be given by students in Foundations of Physical Education	80% will make a C or better on the presentation in Foundations of Physical Education	<b>1 of 1 student made a C or better. The other student transferred in this course.</b>
Articulate a meaningful philosophy of exercise science	A senior paper to show competency in areas of teaching, coaching and/or exercise science the class Supervision of physical education.	Show competency in the ability to demonstrate knowledge and physical skills with a score of 90% or above on a paper in exercise physiology	<b>1 of 1 students made a 90% or above on the presentation. The other graduate transferred this course</b>
Design exercise programs using established principles and guidelines	Senior research project detailing an exercise program in Guided Research Class PHE 4907	100% of students will make a C or better on lesson plans (physical education) or workouts (exercise science) for an academic semester in Guided Research course.	<b>2 of 2 students scored a C or better in the Guided Research course.</b>
Adjust the variables of frequency, intensity, and duration in increasing human performance capabilities	Final grade evaluation of student in student teaching or exercise science internship	100% will make a C or better in their student teaching or internship	<b>2 of 2 students scored a C or better in the exercise science internship</b>

**Program Review: Use of Results**

<b>Strategic Objective/Goal</b>	<b>Results (2016-2017)</b>	<b>Use of Results</b>	<b>Results Revisited (2017/2018-2018/2019)</b>
What we wanted to happen	What actually happened	What we did to improve	How did this affect later assessments?
80% will make a C or better on the presentation in Foundations of Physical Education	<b>1 of 1 student made a C or better. The other student transferred in this course.</b>	<b>No changes were made but Program Coordinator changed to Greg Fawbush</b>	<b>5 of 5 students made a C or better on the presentation.</b>
Show competency in the ability to demonstrate knowledge and physical skills with a score of 90% or above on a paper in exercise physiology	<b>1 of 1 students made a 90% or above on the paper. The other graduate transferred this course</b>	<b>No changes were made but Program Coordinator changed to Greg Fawbush</b>	<b>5 of 5 students made a 90% or above on paper.</b>
100% of students will make a C or better on lesson plans (physical education) or workouts (exercise science) for an academic semester in Guided Research course.	<b>2 of 2 students scored a C or better in the Guided Research course.</b>	<b>No changes were made but Program Coordinator changed to Greg Fawbush</b>	<b>5 of 5 students scored a C or better in Guided Research.</b>
100% will make a C or better in their student teaching or internship	<b>2 of 2 students scored a C or better in the exercise science internship</b>	<b>No changes were made but Program Coordinator changed to Greg Fawbush</b>	<b>5 of 5 students scored a C or better in the internship</b>

## **Program Review: Comparison with Other Similar Programs**

### **Exercise Science**

#### **I. Proposal**

Create three Physical Activity courses that can be taught *on campus*.

##### **New Courses**

PHE 2XX0 Aerobic Walking and Circuits - A variety of power walking and full body circuit training workouts. Students will obtain knowledge on the importance of daily exercise and learn to apply effective exercise movements to their routine.

PHE 2XX1 Indoor Team Sports - A variety of team sports including basketball, volleyball, and other indoor sports. Students will learn and apply basic skills for indoor sports.

PHE 2XX2 Racquet Sports - A variety of sports that involve the mastery of rackets and paddles. The students will learn skills in Badminton, BSAGI, and Pickleball.

##### **Physical Activity Courses (If approved)**

PHE 2201	Weight Training
PHE 2550	Varsity Sports
PHE 2XX2	Aerobic Walking and Circuits
PHE 2XX3	Indoor Team Sports
PHE 2XX6	Racquet Sports

#### **II. Proposal**

Create the course: Ethics and Legal Issues in Exercise Science. This would be a core class for all three programs of studies.

PHE 3XX1 Ethics and Legal Issues in Exercise Science: A study of current ethical issues that individuals that are engaged in Exercise Science will encounter. Students will also gain an understanding of basic legal requirements that all individuals that are involved in Exercise Science should be aware of.

#### **III. Proposal**

Revise PHE 4257 Physical Education/Recreation Leadership Internship to PHE Exercise Science Internship.

#### **IV. Proposal For Exercise Science and Physical Education**

Create a track program in Exercise Science. The three programs would be Exercise Science: Physical Education, Exercise Science: Sports and Fitness Studies, and Exercise Science:

Human Performance. This proposal will combine Exercise Science: Sports Management Emphasis and Exercise Science: Recreational Leadership Emphasis into one program, Exercise Science: Sports and Fitness Studies.

**Theological Studies Major remains the same (32 hours)**

**Arts and Sciences Core remains the same (38 hours)**

**Exercise Science Core (32 hours)**

PHE 2100 (2)

PHE Activity courses (Two courses and 1 hour each) (2)

PHE 3104 Kinesiology (3)

PHE 3205 Physiology of Exercise (3)

PHE 3704 Motor Learning (2)

PHE 2455 Foundations of PPhysical Education (3)

PSU 2001 General Psychology (3)

BIO 2401 Anatomy and Physiology (3)

BIO 2411 Anatomy and Physiology Lab (1)

MAT 3011 Statistics I (3)

PHE 4257 Exercise Science Internship (2)

PHE 4907 Research Project in Exercise Science (3)

PHE 3XX3 Ethics and Current Issues in Exercise Science (2)

**IV Proposal Sports and Fitness Studies (26 hours for a total of 128 hours)**

BUS 4202 Strategic Planning (3)

PHE 2705 Coaching Techniques (2)

PHE 3853 Sports Management (3)

BUS 3206 Marketplace Management (3)

PHE 2606 Prevention and Care of Athletic Injuries (3)

PHE 4103 Test and Measurements (2)

BIO 2502 Anatomy and Physiology II (3)

BIO 2512 Anatomy and Physiology Lab (1)

PSY 2401 Lifespan Development (3)

PSY 2302 Group and Interpersonal Relations (3)

**V. Proposal: Exercise Science Major Human Performance Emphasis (24 hours for a total 126 Hours)**

PHE elective (1)

BIO 1201 Biology I (3)

BIO 1211 Biology I Lab (1)

BIO 1202 Biology II (3)

BIO 1212 Biology II Lab (1)

Blo 2502 Anatomy and Physiology II (3)

BIO 2512 Anatomy and Physiology Lab II (1)

PSY Elective (3)

Take either of the following

CHE 1004	General Chemistry I	(3)
CHE 1014	General Chemistry Lab I	(1)
CHE 1105	General Chemistry II	(3)
CHE 1115	General Chemistry II Lab	(1)

Or

PHY 2003	General Physics I	(3)
PHY 2113	General Physics Lab I	(1)
PHY 2106	General Physics II	(3)
PHY 2016	General Physics Lab II	(1)

**VII. Proposal : Physical Education** (26 hours for a total 128 hours)

Physical Education Core

PHE	Activity elective	1 hour
PHE 3503	Psychomotor Development of Children	3 hours
PHE 4103	Tests and Measurements in Physical Education	2 hours
PSY 2401	Lifespan Development	3 hours
EDU 2001	Introduction to Education	2 hours
EDU 2102	Educational Psychology	2 hours
EDU 4401	History and Philosophy of Education	2 hours
EDU 4450	Introduction to Student Teaching	1 hour
EDU 4500	Student Teaching Seminar	2 hours
EDU 4700	Enhanced Student Teaching k-12	10 hours

**Program Review: Analysis of Graduate School/Vocational Requirements**