**Annual Assessment Report for 2020-2021 AY**

Reports completed on assessment activities carried out during the 2020-2021 AY will be due September 30th 2021 and must be e-mailed to the Director of Assessment, Dr. Douglas Fraleigh (douglasf@csufresno.edu).

Provide detailed responses for each of the following questions within this word document. Please do NOT insert an index or add formatting. For purposes of this report, you should only report on two or three student learning outcomes (department’s choice) even if your external accreditor requires you to evaluate four or more outcomes each year. Also be sure to explain or omit specialized or discipline-specific terms.

Department/Program: Kinesiology Dept. – Exercise Science option Degree: B.S.

Assessment Coordinator: Mark Baldis

1. Please list the learning outcomes you assessed this year.

* Students will demonstrate knowledge of and skill in scientific foundations of physical activity.
  + Apply scientific theory of human movement in the design and implementation of appropriate physical activities.
  + Critically evaluate information about physical activity from a scientific basis

1. What assignment or survey did you use to assess the outcomes and what method (criteria or rubric) did you use to evaluate the assignment? **Please describe the assignment and the criteria or rubric used to evaluate the assignment in detail and, if possible, include copies of the assignment and criteria/rubric at the end of this report.**

* Percentage of exercise science majors who score 70% or above on embedded exam questions in KINES 137.
* Percentage of exercise science majors who score 70% or above on embedded exam questions in KINES 119.
* Please see attachment for assessment questions used.

1. What did you learn from your analysis of the data? Please include sample size (how many students were evaluated) and indicate how many students (number or percentage instead of a median or mean) were designated as proficient. Also indicate your benchmark (e.g. 80% of students will be designated as proficient or higher) and indicate the number of students who met that benchmark.

* Percentage of exercise science majors who score 70% or above on embedded exam questions in KINES 137.
  + 80% (38 students) of a total of 48 enrolled students met proficiency.
* Percentage of exercise science majors who score 70% or above on embedded exam questions in KINES 119.
  + 82.5% (145 students) of a total of 176 enrolled students met proficiency.

1. What changes, if any, do you recommend based on the assessment data?

* No change recommended

1. If you recommended any changes in your response to Question 4 in your 2018-19 assessment report, what progress have you made in implementing these changes? If you did not recommend making any changes in last year’s report please write N/A as your answer to this question.
   * NA
2. What assessment activities will you be conducting during AY 2021-22?

* Percentage of exercise science majors who score 70% or above on embedded exam questions in KINES 119. *(Outcome A1 – A4)*
* Percentage of exercise science majors who score 70% or above on the Health-Related Components of Fitness Assessment assignment in KINES 32. *(Outcome A1 – A4)*
* Percentage of exercise science majors who pass the Functional Movement Screen certification exam (score 70% or above) in KINES 137. *(Outcome A2 & A4)*
* Results of the senior exit survey *(Outcome A1 – A4)*

1. Identify and discuss any major issues identified during your last Program Review and in what ways these issues have or have not been addressed.
   * Unable to answer this question.

**Attachment**

KINES 137, Test #4

Please answer questions #6, 9, 10 using the pictures of the standing side bend exercise below. The picture on the far left is the starting position. The picture in the middle is end position of the first half of the movement. The picture on the far right is the end position of the second half of the movement.

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**Standing Side Bend**

1. Which one of the following muscles functions to move the trunk from the starting position to the end position of the first half of the movement?
   1. Erector spinae
   2. External oblique
   3. Quadratus lumborum
   4. All of the above
   5. None of the above
2. When moving from the end position of the first half of the movement to the end position of the second half of the movement, the muscle(s) causing this movement is(are) contracting \_\_\_\_\_\_\_\_\_\_.
   1. Concentrically
   2. Eccentrically
   3. Isometrically
   4. None of the above; not actively participating in this movement
3. When moving from the end position of the first half of the movement to the end position of the second half of the movement, the spine is moving in \_\_\_\_\_\_\_\_\_\_.
   1. Flexion
   2. Extension
   3. Lateral flexion
   4. Rotation
   5. Hyperextension

KINES 119, Test #1

1. Ms. Leeza Snerdley is a 20 year-old college student. She is a Kinesiology student at CSU Fresno. Her mother developed breast cancer when Leeza was 16 and her father was diagnosed with colon cancer last year. She had heard, and shared with her parents, that regular physical activity may help slow the progression of their diseases. Her parents discussed this with their physician, Dr. Dray. Dr. Dray informed them that there is no scientific evidence to support Leeza’s claim. Is Dr. Dray correct?
   1. Yes
   2. No