LABETTE COMMUNITY COLLEGE

Comprehensive Program Review 2022

Program Name: **Exercise Science**

Semesters Reviewed:

AY 2020: Fall 2019, Spring 2020, and Summer 2020

AY 2021: Fall 2020, Spring 2021, and Summer 2021

AY 2022: Fall 2021, Spring 2022, and Summer 2022

Completed by: Ralph Gouvion

Date: January 2023

Assessment Committee Recommendation:

The committee agrees with the Program Vitality Statement; Category 2.

President's Council Recommendation:

President Council agrees with the Assessment Committee's recommendation of the Program Vitality Statement; Category 2.

1.0 Program Summary

Provide a descriptive summary of the program.

Narrative:

The Exercise Science program prepares students to continue their education in Exercise Science, Kinesiology, or health related fields. Students pursuing this degree should have an interest in pursuing a career in strength and conditioning, health and wellness promotion, nutrition, and personal training. Exercise Science is also an excellent degree choice for advanced professional programs such as physical therapy, chiropractic, athletic training, and medicine.

2.0 Student Success

Provide a definition of how student success is defined by the program.

Narrative:

The goal of the Exercise Science program is to produce top caliber graduates who can contribute to the body of knowledge in the fight against diseases associated with inactivity and/or an unhealthy lifestyle and to conduct research for the purpose of educating medical and health professionals on the importance of exercise in the health and well-being of humans. Students who successfully complete the program will be prepared to transfer to a Bachelor's Degree program at a four-year institution. Coursework and lab participation lay the foundation of skills they will need to succeed at a four-year institution and success is measured accordingly. Student success is also measured by accommodating a diverse student population in satisfying their gen-ed requirements through a combination of on-ground, online, concurrent, and mini courses.

2.1 Achieve/Promote Student Success

Describe how the program achieves and promotes student success. Focus on those activities and innovation that are within the three-year comprehensive cycle.

Narrative:

The Associate in Science Exercise Science degree is designed to prepare the student to transfer to a four-year institution and continue their degree in Exercise Science, Health, Kinesiology, or other related field of choice. The Exercise Science degree is also a wonderful option for those students interested in Personal Training, Health and Fitness, Group Fitness, and other health related fields.

The department defines student success in multiple ways including not only laying a solid academic foundation for students hoping to pursue a career in health and human performance but also by developing the interpersonal skills necessary to promote teamwork and community service in a diverse and equitable manner.

As many of the students enrolled in this program are also athletes, the coaching staff work collaboratively together to achieve these goals.

3.0 Reflection on Current Curriculum

Please describe the curriculum holistically, speaking specifically to the breadth, depth, and level of the discipline. Additionally, provide narrative on the coherence of the curriculum and the processes by which the program updates and keeps curriculum relevant.

Narrative:

The Exercise Science program is an umbrella under which numerous career paths can begin. Core concentration requirements include Anatomy and Physiology along with Basic Nutrition and First Aid & CPR. General Education electives are typically geared toward the career path students are contemplating pursuing. General Education requirements for the program also prepare students for statewide transfer to four-year institutions. This program has been aligned with Pittsburg State University's Exercise Science program. The general requirements also match exercise science program requirements across the state, both at the four-year and two-year level. Currently five Physical Education courses are Kansas Regents Shared Number (KSRN) aligned as a result of LCC's participation in Kansas Core Outcomes Group (KCOG) meetings.

The five courses that are KCOG aligned include:

Basic Nutrition

Personal and Community Health

First Aid and CPR

Introduction to Exercise Science

Care and Prevention of Athletic Injuries

As a transfer degree, LCC monitors changes in degree requirements at the university level to determine whether curriculum needs to be updated or changed. This is why in 2020-2021 academic year; the exercise science program requirements were updated to align with Pittsburg State University after our faculty and Dean of Instruction met with their faculty to align curriculum. More science courses are now required versus physical education classes due to the transition of the program to being more medical based instead of physical education based.

3.1 Degrees and Certificate Offerings

List what degrees and certificates are offered and describe how the program curriculum supports other degrees and certificates awarded by the college (if applicable).

Narrative:

LCC offers an Associate in Science degree in Exercise Science. Additionally, students completing PED 118 First Aid and CPR will receive certification from the American Heart Association.

Students completing the Associate in Science degree in Exercise Science generally pursue an undergraduate degree in Exercise Science or related field.

EXERCISE SCIENCE

ASSOCIATE IN SCIENCE

An exercise science degree from Labette Community College prepares students to continue their education in Exercise Science, Kinesiology, or Health related fields. Students pursuing this degree should have interest in pursing a career in strength and conditioning, health and wellness promotion, nutrition, and personal training. Exercise Science is also an excellent degree choice for advanced professional programs such as physical therapy, chiropractic, athletic training, and medicine.

Credits Required: 60

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Recommended Course Sequence
SEM 1: PED 118
SEM 2: PED 114
SEM 3: BIOL 130

After Graduation
Students completing the A.S. Degree in Exercise Science generally pursue an undergraduate degree in Exercise Science or related field. Students attaining the degree are prepared to test and complete a personal training certification exam, although completion of the certification exam is not required as part of the academic program. Students who chose to take the certification exam are capable of attaining work in a personal training career.

Concentration Requirements				10
☐	BIOL	130	Anatomy & Physiology	5
☐	PED	118	First Aid and CPR	2
☐	PED	114	Basic Nutrition	3

Pathway Requirements				44
Written Communication				
☐	ENGL	101	English Composition I	3
☐	ENGL	102	English Composition II	3
Verbal Communication				
☐	COMM	101	Public Speaking	3
Quantitative/Analytic Methods				
☐	MATH	120	Elementary Statistics	3
Human Experience				
	Choose one class			
☐	_____			3
Human Systems/No companion Elements				
	Choose one class			
☐	_____			3
Human Systems/Diverse Perspectives				
	Choose one class			
☐	_____			3
Human Systems/Social Responsibility				
☐	BUAD	205	Personal Finance	3
☐	ECON	101	Issues in Today's Economy	3
☐	PHIL	106	Ethics	3
Natural World/Scientific Inquiry				
☐	BIOL	120	General Biology	5
☐	CHEM	120	Intro to Chemistry	5
Wellness Strategies/No Companion Elements				
☐	PED	116	Lifetime Fitness	1
Wellness Strategies/Scientific Inquiry				
☐	PSYC	101	General Psychology	3

General Electives				6
☐	PED	103	Care & Prevention of Athletic Injuries	3
☐	PED	110	Intro to Exercise Science	3

4.0 Faculty Success

Faculty success over the three-year comprehensive cycle should be highlighted in this section. The accomplishments can embrace academic achievement in the discipline, national or regional honors, campus activities that support student success, or other innovations, research,teaching, and community service.

Narrative:

LCC recently discontinued the full-time position for the Physical Education, Athletic Training program that taught some of the courses used for this degree due to a shrinking number of Physical Education courses that could be used only for Exercise Science. The college still employs a full-time A&P Instructor who meets faculty credentialing requirements. The adjunct faculty currently teaching required courses have their Master's Degree in Physical Education or Biology, depending on the courses they are teaching within the program. One adjunct has also completed certification in nutrition counseling, and another has completed their CPR Instructor certification.

5.0 Program Accomplishments and Reflection on Data/Trends

In this section, departments should highlight noteworthy program accomplishments over the three-year comprehensive cycle. Programs should also provide thoughtful reflection on the data provided on student success, attrition, completion, etc. Programs should also report on findings from course and program assessment data. Programs should also provide context of any trends in the data, as well as external trends that may have affected the data.

Narrative:

Enrollment in Exercise Science courses remained consistent during the time period under review. The total number of credit hours generated for the concentration courses saw a slight dip in 2021, but a slight gain again in 2022. Lifetime Fitness, Basic Nutrition, and A&P represented a bulk of the enrollment although all the courses showed relatively strong enrollment.

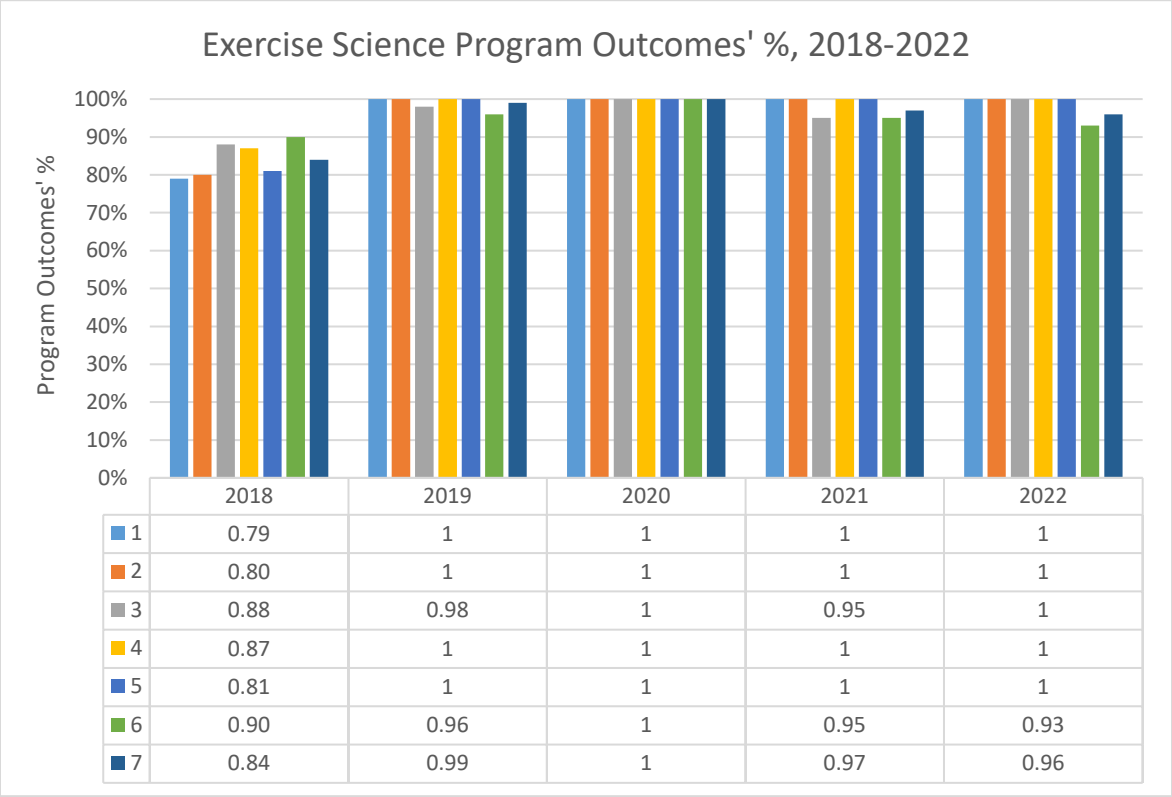
All of the courses demonstrated relatively strong student success although in 2022 Intro to Exercise Science and Basic Nutrition did show increased student attrition. The majority of student enrollment in Physical Education courses was in online courses with the Main Campus coming in second but courses continued to be offered at the Cherokee Center and in concurrent settings as well. Roughly two thirds of all students were taught by full time faculty.

In Academic Year (AY) 2020 eight students received degrees and seven students from the previous AY transferred to a four-year institution. In AY 2021 three students received degrees and three students from the previous AY transferred to a four-year institution. In AY 2022 two students received degrees and two students from the previous AY transferred to a four-year institution. This shows a decline in the number of potential majors for this program, which could account for the higher rigor of coursework required now to graduate.

The Exercise Science Program has seven student learning outcomes see below.

1. Recognize the introductory concepts, common terminology, and history of Exercise Science.
2. Demonstrate concepts fitness testing, examination, and prescription of fitness programs.
3. Recognize general medical conditions, injuries, and health concerns in exercise planning.
4. Demonstrate various methods of strength training, group exercise, and fitness training.
5. Analyze and define biomechanical movements and principles.

6. Analyze dietary concerns and demonstrate knowledge of dietary planning for health conditions.
7. Demonstrate the ability to prepare, instruct, and analyze a fitness program for individual and group work.



	2018	2019	2020	2021	2022
1	0.79	1	1	1	1
2	0.80	1	1	1	1
3	0.88	0.98	1	0.95	1
4	0.87	1	1	1	1
5	0.81	1	1	1	1
6	0.90	0.96	1	0.95	0.93
7	0.84	0.99	1	0.97	0.96

1. What did you learn from this past year's program data?

- Although the program received data for all 7 program outcomes, the program alignment map is out of date and needs to be updated. The program underwent significant changes that need to be reflected in the program alignment.

2. What did you not learn from the data?

- We do not have a true reflection of how students did in this program since the alignment map was not updated. It is hard to believe that 100% of students met 5 out of the 7 outcomes, but without digging into the alignment map and what was used to pull the table, we cannot get an accurate picture of student mastery.

3. What do you hope to learn and/or do for this upcoming school year?

- The program alignment map will be updated to reflect true program results.

6.0 Mission Alignment

Programs should indicate how the program's offerings align with the LCC mission: Labette Community College provides quality learning opportunities in a supportive environment for success in a changing world.

Narrative:

The Exercise Science program seeks to continue to change and adapt to provide student success in an ever-changing world. The curriculum is continuously being reviewed to reflect expectations from four-year institutions students may transfer to. Many such changes have occurred over the last several years and more are expected.

The Exercise Science faculty are committed to providing a supportive learning environment and assist students in navigating the various career pathways available to them. The faculty endeavor to create an atmosphere of trust and support, allowing students to ask questions and seek out advice when needed.

7.0 Fiscal Resource Narrative

Based on program data review, planning and development for student success, programs will complete the budget worksheet to identify proposed resource needs and adjustments. Resource requests should follow budgeting guidelines as approved by the Board of Trustees for each fiscal year. The resource requests should be used to provide summary and detailed information to the DOI/VPAA and other decision-makers and to inform financial decisions made throughout the year. In the narrative below, please explain any requests for additional dollars over the current academic year budget, then include the budget amounts on the budget worksheet.

Narrative:

The Exercise Science department has an annual supplies budget of $112.00 which covers the material fees collected from students for Care and Prevention of Athletic Injuries and First Aid and CPR. The material fee for Care/Prevention is used to buy tape, wrapping, etc. The material fee for First Aid/CPR includes their CPR card and miscellaneous supplies needed for first aid such as band aids, wraps, etc.

No additional new expenditures are anticipated at this time.

8.0 External Constituency and Significant Trends

An important component of maintaining a superior program lies in awareness and understanding of other possible factors that may impact the program and/or student outcomes. After consideration of these other factors, program directors/faculty should document the relevant information within this section.

Program Advisory Committee:

N/A

Other External Constituencies:

N/A

Significant Trends:

The Department of Labor states that Employment of exercise physiologists is projected to grow 9 percent from 2021 to 2031, faster than the average for all occupations.

About 1,700 openings for exercise physiologists are projected each year, on average, over the decade. Many of those openings are expected to result from the need to replace workers who transfer to different occupations or exit the labor force, such as to retire.

Exercise physiologists typically need at least a bachelor's degree to enter the occupation. Degree programs include science and health-related courses, such as biology, anatomy, kinesiology, and nutrition, as well as clinical work.

9.0 Program Vitality Assessment

Program faculty should use all available information to consider the category assignment which best reflects the program's current status and subsequent goals and anticipated action plans.

Vitality Category Chosen: Category 2—Maintain Current Levels of Support/Continuous Improvement

Explanation for Chosen Vitality Category:

The Exercise Science Program is a successful program which supports the larger institution as a whole. Student credit hours in Exercise Science classes have remained consistent, with a slight dip in AY 2021. This program provides an opportunity for students and student-athletes who are highly interested in helping others in their physical health goals.

10.0 Program Goals

Each program should set 1-3 short-term goals (will be completed in the next year) and 1-3 long-term goals (will be completed by next comprehensive program review). These goals should be SMART goals that can be reflected upon in the upcoming annual or comprehensive review.

Short-Term:

1. Revise the program assessment alignment map so as to improve measurements of student success in the program.

Long-Term:

1. In the next three years, complete a 2+2 articulation agreement with Pittsburg State University.

LABETTE COMMUNITY COLLEGE

Program Review Data Summary

Note: All Definitions of data pulled for this summary can be found in Appendix 1 of the Academic Program Review, Planning, and Development Handbook.

Program: Exercise Science

Average Class Size, Completer Success, and Attrition

Year (AY dates)	Subject Prefix	Course Name	Total Enrollment	# of Sections	Average Class Size	% Student Completion	%Student Success	%Student Attrition	Student Credit Hours
2020	PED 103	Care/Prevention of Athletic Injur.	22	2	11	100%	95%	0%	66
2021			29	2	15	100%	100%	0%	87
2022			42	2	21	90%	88%	10%	126
2020	PED 110	Intro to Exercise Science	23	2	12	100%	100%	0%	69
2021			13	2	7	100%	100%	0%	39
2022			39	2	20	82%	82%	18%	117
2020	PED 114	Basic Nutrition	146	10	15	99%	94%	1%	438
2021			129	9	14	99%	96%	1%	387
2022			182	10	18	92%	90%	8%	546
2020	PED 116	Lifetime Fitness	224	15	15	97%	95%	3%	224
2021			227	17	13	97%	94%	3%	227
2022			207	17	12	97%	93%	3%	207
2020	PED 118	First Aid & CPR	41	2	21	98%	98%	2%	82
2021			30	3	10	97%	97%	3%	60
2022			31	2	16	94%	94%	6%	62
2020	BIOL 130	Anatomy & Physiology	220	13	17	87%	78%	13%	1,100
2021			219	13	17	88%	79%	12%	1,095
2022			236	12	20	86%	77%	14%	1,180

Course Completion, Success, & Attrition by Location

Year (AY dates)	Location	Total Enrollment	# of Sections	Average Class Size	% Student Completion	%Student Success	%Student Attrition	Student Credit Hours
2020	Cherokee	55	3	18	84%	71%	16%	275
2021		36	4	9	97%	86%	3%	113
2022		34	2	17	88%	74%	12%	170
2020	Online	369	23	16	96%	90%	4%	1,003
2021		413	24	17	94%	89%	6%	1,223
2022		511	28	18	90%	86%	10%	1,159
2020	Main Campus	235	13	18	94%	90%	6%	630
2021		146	14	9	96%	92%	4%	424
2022		130	7	19	89%	82%	11%	439
2020	Concurrent	17	2	9	100%	100%	0%	71
2021		52	6	9	92%	92%	8%	128
2022		62	8	8	100%	100%	0%	154

2020	Other (Arrg, Off-campus, etc.)	N/A	N/A	N/A	N/A	N/A	N/A	N/A
2021		N/A	N/A	N/A	N/A	N/A	N/A	N/A
2022		N/A	N/A	N/A	N/A	N/A	N/A	N/A

Declared Awards, Transfers, and Placements

Year (AY Dates)	# of Degrees/Certs Awarded	# of Graduates Transferring from previous AY year	% Placement Rate for Graduates (CTE Only)
2020	8	7	N/A
2021	3	3	N/A
2022	2	2	N/A

Student Credit Hours by Faculty Type

	Number of Faculty		Student Credit Hours by Faculty Type				
Year (AY)	Full Time	Part Time	Full Time	% for Full Time	Part Time	% for Part Time	Total Credit Hours
2020	2	11	943	48%	1,036	52%	1,979
2021	2	8	1,520	81%	368	19%	1,888
2022	2	8	1,407	73%	515	27%	1,922

Faculty Name by Type for Most Recent Academic Year

Full Time: Tarah Cockrell, Daudi Langat

Part Time: Kyle Crotts, Chance Curran, Patrick Duncan, Brittany Haley, Madison Kirch, Tracy Parsons, Shayla Smith, Jeffrey Vesta,