

Program Assessment

2021-2022

Health, Physical Education, & Recreation

HPER – Personal Training Option	
Date	8/19/2022
Competency # and Description	1. Application of care for basic injuries
Course	HPET 2633 – Care and Prevention of Athletic Injuries HPET 2212 – First Aid
Activity	Quiz/test
Measurement (attached copy of instrument with point distribution)	HPET 2633- Learn and identify the signs and symptoms of a concussions HPET 2212- CPR certification test with pass/fail scores
Evaluation Criteria	HPET 2633 - Students should score at least a 75% on the quiz/test question HPET 2212- 70% of students will successfully pass this test
Fall 2021 Results	HPET 2633 – 7/7 passed with a 75% or better HPET 2212 – no data
Interpretation of Results for Fall 2021	Students did well on this component.
Reflection of Results for Fall 2021	Student success has been consistent over the past semesters.
Actions for Fall 2022 Based on Results	Both of these components are very important for students in this area to grasp so we are leaving them the same.
Timeline for Review	Fall data will be collected and reviewed in the spring and instructors from all campuses will determine needed adjustments.
Past Data and Actions	
Past data	<p>2015-2016 Results HPET 2633- 50 out of 50 (100%) students score 75% or better on each of the 6 questions. HPET 2212- 59 out of 59 students passed (100%)</p> <p>2018-2019 Results HPET 2633 – 30/39 (77%) students passed; HPET 2212 -- 47/47 (100%) passed</p> <p>2019-2020 Results HPET 2633 – 33/33 passed with a 75% or better HPET 2212 – 48/48 students passed CPR certification</p> <p>2020-2021 Results HPET 2633 – No data collected HPET 2212 - 31/32 students passed CPR certification</p>
Summary of changes	<p>2016-2017 Competences met. No changes recommended at this point</p> <p>2019-2020 Maintain criteria and continue to evaluate</p>

	<p>2020-2021 Criteria met, we will not be making any changes at this time due to the COVID circumstances.</p> <p>2021-2022 Due to COVID and the changing classroom atmosphere, we will not make any changes at this time.</p>
Date	8/19/2022
Competency # and Description	2. Demonstrate skill set gained from clinical observation
Course	HPET 1232 – Personal Training Practicum I HPET 1242 – Personal Training Practicum II
Activity	HPET 1233 – Demonstrate proper measurement of blood pressure and resting heart rate. HPET 1243 – Demonstrate three proper weight training techniques.
Measurement (attached copy of instrument with point distribution)	HPET 1232 – Vital Signs Activity HPET 1242 – Fitness Activity
Evaluation Criteria	HPET 1232 – Pass rate of 70% HPET 1242 – Pass rate of 70%
Fall 2021 Results	HPET 1232 – 6/6 (100%) pass rate HPET 1242 – no data
Interpretation of Results for Fall 2021	Students demonstrated mastery in this area.
Reflection of Results for Fall 2021	Student success has been consistent compared to previous semesters.
Actions for Fall 2022 Based on Results	These activities are extremely important for this study are and we are leaving them the same.
Timeline for Review	Fall data will be collected and reviewed in the spring and instructors from all campuses will determine needed adjustments.
Past Data and Actions	
Past Data	<p>2018-2019 Results HPET 1232 – 9/9 (100%) pass rate HPET 1242 – 9/9 (100%) pass rate</p> <p>2019-2020 Results HPET 1232 – 2/2 (100%) pass rate HPET 1242 – 2/2 (100%) pass rate</p> <p>2020-2021 Results HPET 1232 – No data collected HPET 1242 – No data collected</p>
Summary of changes	<p>2019-2020 Due to high faculty turnover at Enid, we want to maintain our current criteria</p> <p>2020-2021 Criteria met, we will not be making any changes at this time due to the COVID circumstances.</p> <p>2021-2022 We will keep our current assessment and see if the classroom environment stays steady this year.</p>

Date	8/19/2022
Competency # and Description	3. Describe and explain healthy lifestyle habits
Course	HPET 1223 – Health Ed. and Wellness HPET 1113 – Nutrition
Activity	HPET 1223 - The students will be given a project to demonstrate their knowledge on proper nutritional habits, caloric intake and making better meal choices. HPET 1113 - The students will be given a project to demonstrate their knowledge on proper nutritional habits, caloric intake and making better meal choices.
Measurement (attached copy of instrument with point distribution)	HPET 1223 – Grading rubric developed for this project HPET 1113 - Grading rubric developed for this project
Evaluation Criteria	HPET 1223 - Students in the course will have a 70% success rate on this project. HPET 1113 - Students in the course will have a 70% success rate on this project.
Fall 2021 Results	HPET 1223 – 19/23 (83%) students scored 70% or better on project. HPET 1113 – 33/34 (97) students scored 70% or better on project.
Interpretation of Results for Fall 2021	Students are doing well in this area.
Reflection of Results for Fall 2021	Student success has been fairly consistent.
Actions for Fall 2022 Based on Results	We will change the success rate to 75% in this area since students have been consistent.
Timeline for Review	Fall data will be collected and reviewed in the spring and instructors from all campuses will determine needed adjustments.
Past Data and Actions	
Past Data	<p>2017-2018 Results HPET 1223 – 61/68 (90%) students scored 70% or better on project. HPET 1113 - 22/24 (92%) students scored 70% or better on project.</p> <p>2018-2019 Results HPET 1223 – 57/72 (79%) students scored a 75% or better HPET 1113 – 28/32 (87%) students scored a 75% or better</p> <p>2019-2020 Results HPET 1223 – 55/68 (85%) students scored 75% or better on project. HPET 1113 – 37/37 (100%) students scored 75% or better on project.</p> <p>2020-2021 Results HPET 1223 – 25/28 (89%) students scored 75% or better on project. HPET 1113 – 29/29 (100%) students scored 75% or better on project.</p>
Summary of changes	<p>2018-2019 HPET 1223 – change evaluation criteria to 75% success rate HPET 1113 – change evaluation criteria to 75% success rate</p> <p>2019-2020 Maintain criteria since we just changed it last year</p> <p>2020-2021</p>

	<p>Maintain criteria and continue to monitor.</p> <p>2021-2022</p> <p>We need to continue tracking this data before changing anything.</p>
Date	8/19/2022
Competency # and Description	4. Demonstrate knowledge and application of the mechanics of the human body.
Course	<p>HPET 1233 – Intro to Personal Training I</p> <p>HPET 1243 – Intro to Personal Training II</p> <p>HPET 2633 – Care and Prevention of Athletic Injuries</p> <p>HPET 2212 – First Aid</p>
Activity	<p>HPET 1233 – Body Fat Testing Activity</p> <p>HPET 1243 - Quiz</p> <p>HPET 2633 – Heat Awareness quiz</p> <p>HPET 2212 – CPR test</p>
Measurement (attached copy of instrument with point distribution)	<p>HPET 1232 – Identify the sites used for body fat testing using skinfold calipers and utilizing the proper technique when measuring.</p> <p>HPET 1242 – Identify the reasons for pre-screening clients and describe reasons for test termination while training clients.</p> <p>HPET 2633- Learn and identify the signs and symptoms of heat illness</p> <p>HPET 2212- CPR certification test with pass/fail scores</p>
Evaluation Criteria	<p>HPET 1233 – Students should score 70% or better</p> <p>HPET 1243 – Students should score 70% or better</p> <p>HPET 2633 - Students should score at least a 75% on the quiz</p> <p>HPET 2212- 70% of students will successfully pass this test</p>
Fall 2021 Results	<p>HPET 1233 – no data</p> <p>HPET 1243 – no data</p> <p>HPET 2633 – 7/7</p> <p>HPET 2212 – no data</p>
Interpretation of Results for Fall 2021	Students have done well.
Reflection of Results for Fall 2021	Student success has been consistent.
Actions for Fall 2022 Based on Results	We are not going to change anything and will collect more data.
Timeline for Review	Fall data will be collected and reviewed in the spring and instructors from all campuses will determine needed adjustments.
Past Data and Actions	
Past Data	<p>2017-2018 Results</p> <p>HPET 1233 – 10/10 (100%) of students passed with a 70% or better</p> <p>HPET 1243 – 10/10 (100%) of students passed with a 70% or better</p> <p>HPET 2633 - 22/26 (85%) of students passed with a 75% or better</p> <p>HPET 2212 – 42/45 (93%) of students passed the CPR certification test</p> <p>2018-2019 Results</p> <p>HPET 1233 – 9/9 (100%) students passed with 70% or better</p> <p>HPET 1243 – 9/9 (100%) students passed with 70% or better</p> <p>HPET 2633 – 41/42 (97%) students passed with 75% or better</p> <p>HPET 2212 – 47/47 (100%) students passed the CPR certification test</p>

	<p>2019-2020 Results HPET 1233 – 4/4 (100%) students passed with 70% or better HPET 1243 – 4/4 (100%) students passed with 70% or better HPET 2633 – 33/33 students passed with 75% or better HPET 2212 – 48/48 students passed CPR certification</p> <p>2020-2021 Results HPET 1233 – no data collected HPET 1243 – no data collected HPET 2633 – no data collected HPET 2212 – 16/16 (100%) students passed CPR certification</p>
Summary of changes	<p>2018-2019 HPET 1233 and HPET 1243 – no changes since new courses HPET 2633 – no changes HPET 2212 – change evaluation criteria to 80% of students will successfully pass the CPR test</p> <p>2019-2020 Maintain criteria since there has been faculty changes at Enid</p> <p>2020-2021 Maintain criteria and continue to monitor.</p> <p>2021-2022 We will continue to track this data without changing anything.</p>

Summary of Program and Divisional Changes	
2016-2017	<ul style="list-style-type: none"> The HPER program implemented a new Personal Training program in 2016-2017 due to increased workforce demands. This included: <ul style="list-style-type: none"> Intro to Personal Training I Intro to Personal Training II Personal Training Practicum I Personal Training Practicum II We set a goal for a 40% graduation rate of HPER students in a 3 year span and have made scheduling adjustments in 2015 and are continuing to track student progress.
2017-2018	<ul style="list-style-type: none"> Due to multiple faculty changes no changes in the Personal Training Program were made. Emails were sent to advisors explaining the various HPER degrees in order to better guide students in the proper degree choice. Identified courses for better tracking of majors and graduates
2018-2019	<ul style="list-style-type: none"> No changes due to more faculty changes
2019-2020	<ul style="list-style-type: none"> Maintain criteria and monitor since faculty has remained consistent at this time.
2020-2021	<ul style="list-style-type: none"> Maintain and monitor at this time.
2021-2022	<ul style="list-style-type: none"> No changes were made.

Recommendations for Program Changes

2017-2018	<ul style="list-style-type: none"> • Our recommendations are to get the new program fully implemented and see what changes might need to be made in the future. • We need better education of our different programs to various advisors and also to students. • We will continue to track graduation rates.
2018-2019	<ul style="list-style-type: none"> • We will continue to track graduation rates to meet goal of 40% graduation rate of majors using more refined tracking of majors • We will continue to monitor the personal training program with the change in Enid instructors. There was a 40% pass rate in the certification exam for personal training in the 2017-2018 school year and would like to increase the pass rate. • Prepare HPET 1223 online course for Quality Matters certification.
2019-2020	<ul style="list-style-type: none"> • Continue to work on HPET 1223 Quality Matters certification • Monitor personal training program since there are more faculty changes. • We will continue to monitor the personal training certification exam. In 2018-2019 the student pass rate increased to 71% (5 out of 7 students passed) compared to the previous year. We would like to maintain or continue to increase the pass rates.
2020-2021	<ul style="list-style-type: none"> • Maintain criteria since the course has passed quality matters certification.
2021-2022	<ul style="list-style-type: none"> • Maintain and monitor at this time.
2022-2023	<ul style="list-style-type: none"> • We will increase the success rate of the activities of HPET 1223 and HPET 1113 to 75%.

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Program Level Outcomes Timeline						
Program Objectives – Personal Training Option	Course Map	2020-2021	2021-2022	2022-2023	2023-2024	2024-2025
1. Application of care for basic injuries	HPET 2633 HPET 2212				X	x
2. Demonstrate skill set gained from clinical observation	HPET 1232 HPET 1242				X	X
3. Describe and explain healthy lifestyle habits	HPET 1223 HPET 1113			X	X	X
4. Demonstrate knowledge and application of the mechanics of the human body.	HPET 1233 HPET 1243 HPET 2212 HPET 2633			X	X	X