Academic Program Review Report

Health and Physical Education, B.S.

2018-2019

Executive Summary

Institution Name: Oklahoma Panhandle State University	
Program Name and State Regents Code: Health and Physical Education BS 012	
List Any Options: Academic, Sports and Exercise Management	
Date of Review: November 6, 2018	**Recommended Date of Next Review:** Fall 2023

Centrality to Institutional Mission:

The program of Health and Physical Education follows the Oklahoma Panhandle State University mission of "Rooted in "Progress through Knowledge," OPSU is committed to promoting excellence in the preparation of students for success in a global community." Program goals align to the primary points of "progress through knowledge… in a global community" with a focus on oral and written communication, analytical and quantitative reasoning, and social responsibility and cultural awareness.

Program Objectives and Goals:

Goal 1: Oral and Written Communication: Communicate effectively using written, oral, and symbolic languages

Student Learning Objectives:

1) Students will write and present information on the history, education and future of HPE professions
2) Students will design lesson plans to the standards set forth by Shape America
3) Students will explain knowledge about health and physical education to the standard set forth by Shape America

Goal 2: Analytical and Quantitative Reasoning: Read and think critically by analyzing, assimilating, and applying information

Student Learning Objectives:

1) Students will identify pedagogical knowledge
2) Students will implement pedagogical knowledge
3) Students will identify sport specific knowledge
4) Students will implement sport specific knowledge.

Goal 3: Social Responsibility and Cultural Awareness: Be an aware and active participant in the global, dynamic community

Student Learning Objectives:

1) Students will exhibit responsible personal and social behavior that respects self and others (Shape America standard 4).

Quality Indicators:	Student benchmarks were met in many student learning objectives at the time of the Program Review. The others have been revised to include workshops for students to improve their benchmark completion.
	Student Evaluations have shown a desire for more class interaction and less lecture. As a result, group discussions and shared group interactions have been added to courses.
	Learning environments for the student are becoming more effective. Faculty in the department participated in a campus wide evaluation of the learning management system; the digital learning space of D2L was reevaluated Summer 2018 and found to still be a great fit for our students and their learning.
	The Health and Physical Education program is externally accredited by CAEP and OEQA.
Productivity for Most Recent 5 Years:	**Number of Degrees:** 94, average: 18.8 **Number of Majors:** 391, average: 78.2

Other Quantitative Measures:	Number of Courses for Major: 18 Student Credit Hours in Major: 45 2017/2018 Direct Instructional Costs: $138,216

Faculty Member	Credential	Institution
Cole Clearman	BS	Missouri State University
Signe Coombs	MAS	Missouri State University
Christian Escobar	MS	Sol Ross State University
Amber Fesmire	BS	Oklahoma Panhandle State University
Russell Gaskamp	ME	Sam Houston State University
Aaron Jackson	MS	Grambling State University
Brian Lankford	MS	United States Sports Academy
Jason LaRocque	MS	Texas A&M University – Corpus Christi
Meghan Mulcahy	MS	University of North Texas
Kerry Sloan	ME	Hardin-Simmons University
Mark Strickland	ME	East Central University

Number of FTE faculty in specialized courses: 1

	Year 3 (16/17)	Year 4 (17/18)
Transferred to Other University (if known)	10	10
Employed (if known)	6	8
Licensed (if known)	2	2

Duplication and Demand	Students in the Health and Physical Education program can graduate and go into careers such as consultant, education, fitness, health fitness medicine and rehabilitation, health club administration and personnel, health and wellness, recreation and leisure, and sports. The closest university with a comparable program is Northwestern Oklahoma State University
Effective Use of Resources	2017/2018 Cost to operate program per student credit hour: $271.76 Faculty/student ratio for 2017/2018: 1/6.3
Strengths and Weaknesses	Strengths include a robust content-orientated program, an emphasis on meeting athlete students' needs in a program with a high proportion of athletes, curriculum based on best practices as well as state and national standards, skill development programs implemented and skill competency tested to ensure best practices. Weaknesses include the lack of a second full-time instructor, the lack of course sequencing, and the lack of attaining forty credit hours of upper level courses. A proposed schedule is now waiting for state approval.
Recommendations	Expand program Hire additional faculty to assist in administrative needs for program Create more athletic style options to meet athlete needs

Analysis and Assessment

Program: Health and Physical Education, B.S.

Mission To produce graduates of health and physical education who are committed to improving the quality of life through the movement arts and sciences, sport and leisure.

Last Cycle's Goals and Learning Objectives:

Goal 1- Oral and Written Communication: Communicate effectively using written, oral, and symbolic languages.			
Student Learning Outcome(s)	**Courses where Assessed**	**Results**	**Changes Made**
Students will demonstrate an ability to communicate effectively in a group setting.	HPE 3172 HPE 4012	Benchmarks were met.	Students will be given two more group speaking opportunities.

Goal 2- Analytical and Quantitative Reasoning: Read and think critically by analyzing, assimilating, and applying information.			
Student Learning Outcome(s)	**Courses where Assessed**	**Results**	**Changes Made**
a. Physical fitness testing b. Movement testing	a. HPE 1001 b. HPE 3162	a. Benchmarks met except mile and a half test b. Benchmarks met	a. Implementing Fitnessgram b. Showing videos of proper form

Goal 3- Social Responsibility and Cultural Awareness: Be an aware and active participant in the global, dynamic community.			
Student Learning Outcome(s)	**Courses where Assessed**	**Results**	**Changes Made**
a. Paper and Presentation b. Exam #1	a. HPE 3172 b. HPE 2122	a. Benchmarks met b. Benchmarks Unmet	a. Create a lab/learning experience b. Cultural awareness written assignment

Data Trends

	Year 1	Year 2	Year 3	Year 4
Enrolled	76	78	96	108
Graduated	15	8	19	20
Transferred to Other University (if known)			10	10
Employed (if known)			6	8
Licensed (if known)			2	2

Critical Thinking Questions:

1. What are the strengths and opportunities of the program?
   OPSU students receive a current and robust content-orientated HPE program. The second strength, because so many HPE majors are also athletes, is that the department chair is a former coach and athletics administrator. I understand the "athletics experience" and I am able to produce an HPE program that meets the needs of the students. OPSU's HPE curriculum is based on best practices as well as state and national standards that fosters an environment geared towards lifelong physical activity. Fitnessgram is now a part of the HPE program and students have the opportunity to utilize the software to track and improve their physical fitness. Skill development programs have been implemented and skill competency is now being tested to ensure HPE majors understand and move in scientifically accepted best practices. Because of the impending inclusion of an HPE Teaching option, HPE students have been made aware of Student Oklahoma Education Association and the ability to network and be provided with professional development and service.

2. What are the weaknesses of the program?
   There are a multitude of weaknesses but I have identified two of the major weaknesses. The first weakness is the lack of a second full-time instructor within the HPE department. My time is limited in between being the chair of HPE, teaching 15 credit hours, teaching 8 credit hours of arrangement courses (this is my option but because many courses are only available only one semester per calendar year, it is tough to refuse when students are looking to graduate within a certain time frame), advising HPE majors and being the athletics academic advisor. Now in my third year, I am seeing my courses reaching or close to reaching maximum enrollment limits. In the end, the management of the HPE department is more reactionary than proactive and that is because there is not much time for program reflection. The second weakness has two elements: The lack of course sequencing for HPE majors and the lack of being able to attain the mandatory forty credit hours of upper level courses within the HPE major. Last spring, a proposed schedule of HPE courses in which all forty upper level credit hours could be earned was proposed and passed through OPSU's curriculum committee. OPSU is now waiting for state approval. Attaining state approval will allow the HPE department to build a four year course sequencing model. This will make semester-to-

semester advisement much easier. A big reason that a significant percentage of HPE majors do not register early is because of the lack of a sequencing program.

3. How is the program marketed?
The HPE program is marketed in two ways: During fall semester, I have visited schools to promote the HPE department. Calls, emails and texts have been sent in a sequencing method that was defined by the education department. The other way the program is marketed is by OPSU coaches. Coaches, through their recruiting efforts, have promoted all OPSU major programs. Because many athletes are inclined to pick HPE as a major, this department benefits from the coach's efforts.

4. Is the marketing effective?
Yes. Dr. Faltyn reported that HPE is now positioned as one of the top four of academic programs at OPSU.

5. How does this program meet social, cultural, technological, scientific, and economic needs in the world?
Social-In HPE 3172-Adapted PE, students are presented through lecture various disorders and the students are required to research a specific disorder and present ways in which to teach HPE to a person with that particular disorder. The "social consciousness" of the student is addressed in HPE 3162 as well as "social adaptability" in that students learn how different disorders can accomplish life's challenges using different methods of learning and doing.
Cultural- In HPE 2212-School and Community Health and in HPE 2222-Personal Health and Drug Awareness students are presented information and tested on national (US government) and international (World Health Organization) health and disease statistics and trends. Students are given information on what illnesses or disorders are more prevalent within races. These courses attempt to deepen and widen the student's knowledge and appreciation of cultural norms and traditions
Scientific-In HPE 3162-Measurement in HPE, students utilize computer programs (PSPP and SPSS programs-both these programs are statistics programs that students can use to determine measurement methods of measurement) to analyze and help interpret data. HPE 2122-Care and Prevention of Injuries, students are being taught the latest rehabilitation techniques. In HPE 1111-Lifetime Wellness, Fitnessgram-The national standard HPE fitness testing and database has been implemented. Students are taught that becoming physically fit and possessing wellness is not unscientific. There are national standards of health and wellness they can use to compare and contrast their own situation.
Economic-In HPE 2003-Intro/Mgmt of Physical Activities, students are introduced and tested on HPE program budgeting. In HPE 2212-School and Community Health and in HPE 2222-Personal Health and Drug Awareness students are presented and tested on information on how certain areas of this country and areas around the world have shortfalls or benefits because of personal and/or national economic status.

6. Does the program have low enrollment courses?

Yes – 1 credit hour elective courses of racquetball and volleyball

Should they continue to be offered? Yes

Why or why not? These courses are not funded budget-wise so they are not promoted in advisement but every good HPE program has a variety of 1 credit hour elective HPE courses. An HPE program should offer a variety of physical activity experiences. There are one credit hours HPE elective physical activity classes in the OPSU catalog as a course offering (golf, gymnastics, dance) but they do not get listed in semester course offerings

7. In courses with DFW rates of higher than 20%, what challenges are there for the students?
   No HPE courses have a 20+% dropout rate

8. Is the benchmark for non-major students taking courses in this program assessed appropriately?
   Yes. HPE 1111-Lifetime Wellness is the course in which most non-HPE majors are enrolled. The fitness standards that the students must meet in this class is the national standard for health and wellness of an individual and are not specific benchmarks for HPE majors.

9. How is student feedback informing program or course changes?
   HPE instructors are encouraged to read and implement student suggestions (within reason) into coursework. In my courses, students have expressed more class interaction and less lecture. My classes this semester have implemented group discussions and shared group interactions.

10. What are the qualifications of the program faculty for teaching in this program?
    Everyone is required to have a master's degree. There is one coaching class being taught by someone who is in the process of earning a master's degree. The instructor teaches the basketball coaching class and he is the assistant coach of the men's basketball team here on campus which gives him the knowledge base needed to teach that course.

11. How are teaching assignments determined?
    Besides myself, all instructors within the program are adjunct. These adjunct instructors are coaches in the athletics department. In hiring a new adjunct instructor, the first step is determining qualifications – i.e. do they have a master's degree in HPE or Kinesiology? After confirming degree level, the next step is determining teaching skill for the specific class. The "marriage" of athletics coaches and HPE is a natural one. The coaches are in need of the extra income and are motivated to teach.

12. How are adjunct faculty supported and mentored?
    Adjunct instructors within the HPE department are provided with the following requirements of them as an Adjunct Instructor:
       a. Classroom and classroom meeting requirements

  b. Aggie Scholars OSPU requirements and training

  c. Banner OPSU mid-semester and final grading requirements and training

  d. My contact information for any questions or issues they encounter

  e. Previous syllabi utilized for their course (if a new adjunct instructor)

13. What are the significant accomplishments this program has?
    1. HPE has become one of the top four academic programs at OPSU
    2. HPE coursework has become "professionalized" since my arrival on camps (my predecessor did not provide academic rigor nor, in my opinion, academic integrity for the program).
    3. Being the first "Chair" of HPE, the department is receiving oversight and feedback that was not provided by the previous Dean of Education (this is not a criticism but reflecting and acknowledging the lack of time that individual was able to devote to HPE).
    4. Tentative (campus) approval of new HPE Academic major that include forty credit hours of upper level courses.
    5. A program review for the application to the state of Oklahoma has been completed and presented to state officials.

    How can more be encouraged?
    The addition of more minor options to the HPE major could attract more students and would be the easiest to implement. An athletics training minor has been defined at OPSU. Other such minors that could be explored could be:
    1. Recreation
    2. Athletics Management/Sports Administration
    3. Health
    4. Fitness and Human Performance
    Adding any of these minors would mandate another full-time HPE instructor.

14. What resources are needed by this program to assist in improving student learning?
    A second full-time HPE instructor. Because of health concerns and hygiene purposes, there is yearly needs for materials be purchased for HPE 2102-First Aid and HPE 2122-Care and Prevention of Injuries (masks for resuscitation dummies, etc.).

Proposed Student Learning Outcomes for the next Cycle:

	Goal 1- Oral and Written Communication: Communicate effectively using written, oral, and symbolic languages.	Goal 2- Analytical and Quantitative Reasoning: Read and think critically by analyzing, assimilating, and applying information.	Goal 3- Social Responsibility and Cultural Awareness: Be an aware and active participant in the global, dynamic community.

Student Learning Objective(s)	1. Students will write and present information on the history, education and future of HPE professions. 2. Students will design lesson plans to the standards set forth by Shape America 3. Students will explain knowledge about health and physical education to the standard set forth by Shape America	1. Students will identify pedagogical knowledge 2. Students will implement pedagogical knowledge 3. Students will identify sport specific knowledge 4. Students will implement sport specific knowledge.	1. HPE students will exhibit responsible personal and social behavior that respects self and others (Shape America standard 4).
Courses where Assessed	In HPE 2253-Foundations of Physical Education In HPE 4032-Methods and Materials of Teaching PE in Elementary Schools and HPE 4042-Methods and Materials of Teaching PE in Secondary Schools	Sixteen (16) required HPE courses: HPE 1001 Lifetime Wellness, HPE 2003 Introduction to Management and Instruction in Physical Activities, HPE 2102 First Aid, HPE 2122 Care and Prevention of Athletic Injuries, HPE 2212 School and Community Health, HPE 2222 Personal Health and Drug Awareness, HPE 2253 Foundations of Physical Education, HPE 3162 Evaluations in Physical Education, HPE 3172 Adaptive and Therapeutic Physical Education, HPE 3263 Kinesiology, HPE 3693 Physiology of Exercise, HPE 4012 Skills and Techniques of Teaching Team Activities, HPE 4022 Skills and Techniques of Teaching Individual and Dual Activities,	In HPE 2212-School and Community Health In HPE 4032-Methods and Materials of Teaching PE in Elementary Schools and HPE 4042-Methods and Materials of Teaching PE in Secondary Schools

		HPE 4032 Methods and Materials of Teaching Physical Education in Elementary Schools , HPE 4042 Methods and Materials of Teaching Physical Education in Secondary Schools, HPE 4123 Organization and Administration of HPER	
Benchmark	HPE Career Paper and Presentation Unit Portfolio/Peer Teaching	Assessment of Content Knowledge in Physical Education	Health Advocacy Project & Presentation Unit Portfolio/Peer Teaching Assessment of Content Knowledge in Physical Education

Program Review Recommendations

Expand the Health and Physical Education program by hiring additional Faculty to assist in administrative needs for program and creating more athletic style options to meet the student needs.