

The Program Review Report Summary Form

PROGRAM REVIEW REPORT

1. **Reporting Institution** Eastern Illinois University
2. **Program Reviewed** B.S. in Kinesiology and Sports Studies (31.0505)
3. **Date** January 18, 2019
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5. Overview

The Department of Kinesiology, Sport, and Recreation (formerly Kinesiology and Sports Studies) is a vibrant academic division of Eastern Illinois University. It houses undergraduate educational programs in five professional specializations: Athletic Training, Exercise Science, Physical Education-Teacher Education (PETE), Recreation Administration, and Sport Management. This review report will collectively focus on the disciplines of Exercise Science, PETE, and Sport Management. Separate review reports for Athletic Training and Recreation Administration will be submitted to IBHE in upcoming years.

The Kinesiology, Sport, and Recreation Department's mission states that "KSR faculty will empower students to become responsible and contributing members of a healthy and active community. We (KSR faculty) will broaden their perspectives, enrich their awareness, and prepare them for meaningful careers within a global society"

The KSR mission connects to Eastern Illinois University's mission in that it focuses on applied learning experiences, opportunities for student-faculty scholarship, development of critical thinking and effective communication skills, as well as promoting leadership through service learning. In addition, student learning objectives are clearly stated in an assessment plan for each academic program.

6. Major Findings and Recommendations

6.a Description and assessment of any major changes in the program [e.g., (a) changes in the overall discipline or field; (b) student demand; (c) societal needs; (d) institutional context for offering the degree; and (e) other elements appropriate to the discipline in question.

(6.a.1) Changes in the Overall Discipline or Field.

All three academic programs included in this review report (Exercise Science, PETE, and Sport Management) are guided by national accrediting bodies.

Exercise Science

The Committee on Accreditation for the Exercise Sciences (CoAES) requires that the curriculum be aligned with the knowledge, skills, and abilities (KSAs) published in the current edition of the American College of Sport Medicine's *Guidelines for Exercise Testing and Prescription*. The key recommendation is that the academic program requires a culminating experience, such as an internship, for the degree-seeking student. Exercise science students are required to complete a culminating internship at a hosting site of their choice at the conclusion of their course of study.

K-12 Physical Education Teacher Certification Option (PETE program)

CAEP (Council for Accreditation of Educator Preparation) establishes professional standards for physical educator-teacher preparation academic programs. The KSR Department's PETE program is CAEP accredited through 2025. It has increased the expectation for beginning teachers in their understanding and implementation of developmentally appropriate practices, assessment of those practices in school settings, and thorough reflection of teaching and learning practices. PETE students are required to complete a culminating student-teaching internship at a partnering host school at the conclusion of their course of study.

Sport Management

The Commission on Sport Management Accreditation (COSMA) was jointly established by the National Association for Sport and Physical Education (NASPE) and the North American Society for Sport Management (NASSM) to assist sport management academic programs in advancing the professional preparation of students. The KSR Department's Sport Management curriculum has been modeled after current COSMA academic program standards. KSR department students studying sport management are required to complete a culminating internship at a hosting site of their choice at the conclusion of their course of study.

(6.a.2) Student Demand

The KSR Department has the third largest enrollment of any academic unit at EIU. As of January 2019, there are 132 Exercise Science majors, 71 Sport Management majors, and 59 Physical Education-Teacher Certification majors enrolled. The enrollment data reflects a continued interest in exercise, sport, and physical education academic programs by the current generation of college students. The evolution of instructional technology has allowed academic programs to begin offering online courses. Developing and delivering more online courses to extend the outreach of the focused programs into new markets is currently being examined by the KSR Department.

(6.a.3) Societal Needs.

In 2018, the Centers for Disease Control updated the Physical Activity Guidelines for America reconfirming that meeting the physical activity guidelines can decrease pain for those with osteoarthritis, reduce disease progression for hypertension and type 2 diabetes, reduce symptoms of anxiety and depression, and improve cognition for those with dementia, multiple sclerosis, ADHD, and Parkinson's disease. From an industry standpoint, the Bureau of Labor Statistics reports that employment opportunities in the industry are expected to grow faster than average between now and 2026. In addition, in recent years the U.S. Department of Education has declared a shortage of physical education teachers in the K-8 setting, which will provide career opportunities for future PETE graduates. Also, as society continues to value organized sport competition at all levels and for all age groups, the need for qualified sport administrators will increase in a corresponding fashion.

(6.a.4) Institutional Context for Offering the Degree.

The Department of Kinesiology, Sport, and Recreation is a logical fit within the newly formed College of Health and Human Services at EIU in that all three areas adhere to the mission of the college by promoting the health and well-being of diverse populations across the lifespan. In addition, the PETE, Sport Management and Exercise Science programs provide integrative learning experiences through relationships with the local school system, EIU Athletic Department and Sarah Bush Lincoln Health Services.

(6.a.5) Other Elements Appropriate to the Discipline in Question

In response to the growing interest in international sport education, the KSR Department developed a faculty-led, short term study abroad course offered each May that gives students an opportunity to study and experience the sport industry in the United Kingdom. Over the past seven consecutive academic years, a KSR faculty member has overseen 70 students participate in the course/program.

6.b Description of major findings and recommendations, including evidence of learning outcomes and identification of opportunities for program improvement

Assessment Results

Exercise Science

During the 2017-18 academic year 98% of students enrolled in KSS 4440 and 91% of students enrolled in KSS 4450 achieved the established student performance objective of demonstrated proficiency in assessing, designing, and implementing individual and group exercise and fitness programs. Also, 85% of students enrolled in KSS 4450 and 95% of students enrolled in KSS 4450 achieved the performance objective for oral speaking. During the most recent annual evaluation period one hundred percent (100%) of exercise science students passed their internship experience, and over 80% of the students earned a mean score of 80% or higher on multiple evaluation variables completed by their internship supervisor.

K-12 Physical Education Teacher Certification Option (PETE program)

PETE students demonstrated competence in the subject matter and professional knowledge of the Illinois Physical Education Learning/Teaching Standards with a pass rate of 100% (21/21) in the content area. PETE students achieved a 100% pass rate and surpassed the statewide pass-rate average 100% of the time for the Illinois Basic Skills Test. Also, the PETE program assessments included a work sample, lesson plan assignment, and exit interviews, with results demonstrating that 100% of PETE students were at the proficient or advanced level by the completion of their course of study.

Sport Management

Assessment of writing skills exceeded the established expectation with the overall average of class scores above 3.0 on a 4.0 in all four areas; content, organization, style, and mechanics. A single class scored below 3.0 in the style area. In such cases students were referred to the EIU writing center. Sport management students demonstrated effective oral speaking skills with scores above 3.0 on a 4.0 scale in all areas (organization, language, material, analysis, nonverbal delivery and verbal delivery). Following the completion of their internships, 37 of 45 interns received a mean score of 4.5 out of 5.0 on all variables assessed, indicating the successful development of essential skills/competencies necessary for a future manager in the sport industry.

Changes due to Assessment

Department changes

The name of the department was officially changed from Kinesiology and Sports Studies to Kinesiology, Sport, and Recreation in 2017 to accurately reflect the integration of the existing Recreation Administration program into the department. The Exercise Science and Sport Management concentrations are now recognized as individual, stand-alone academic majors on campus, rather than 'concentrations' within the KSS major.

Exercise Science

The curriculum has been aligned with the National Strength and Conditioning Association (NSCA) Personal Trainer endorsement. A Functional Resistance Training and Group Fitness Leadership course was added as a required course to focus on exercise and weight training skills and practical teaching techniques, along with aerobic and anaerobic exercise prescription. This curricular addition was based on the NSCA's Essentials of Personal Training text. In addition, greater curricular emphasis has been placed on the promotion of scientific knowledge and the ability to apply that knowledge in "real-world scenarios" with exercise testing, administration and program design for various populations.

K-12 Physical Education Teacher Certification Option (PETE program)

Health-Related Fitness was added as a new course to the PETE curriculum. This course enhances content knowledge related to health-related fitness and how to teach this content in K-12 settings, along with providing candidates with tools to improve their own levels of health-related

fitness. Also, each technique and theory course now has 3 content areas taught versus 2 to give students a variety of content to teach when in a K-12 setting. For example, technique and theory of badminton and tennis is now badminton, pickleball and tennis.

Sport Management

Two new core courses were developed that correspond with updated COSMA accreditation content standards: Sport Management Principles and Sport Marketing. Also STA 3970-5970: The Sport Industry in the United Kingdom has been successfully delivered seven consecutive years by KSR Department faculty, with 70 students completing the course/program.

6.c Description of actions taken since the last review, including instructional resources and practices, and curricular changes

Desire2Learn online course management software has been integrated into most of the Exercise Science and Sport Management courses to better meet the evolving needs and preferences of all students. KSR faculty have been encouraged to apply for and have received EIU Redden Instructional Grants to further effective teaching within the department.

6.d Description of actions to be taken as a result of this review, including instructional resources and practices, and curricular changes.

The Exercise Science and Sport Management faculty will annually revisit the curriculum and propose enhancements that will meet student needs as they attempt to succeed in the competitive and dynamic sport and fitness industries. An ongoing future goal is to obtain program accreditation for the Sport Management program by the Commission on Sport Management Accreditation (COSMA). The Exercise Science program will strive to become fully accredited by the Committee on Accreditation for the Exercise Sciences. The department continues to emphasize the development and offering of Integrative Learning opportunities for KSR majors. Department faculty will continue to provide professional service at the department, college, university, local, regional, state, national, and international levels. The department is also exploring the potential for study abroad internships and increasing student scholarship support.

7. Responses to Institution-Assigned Issues

Describe the ways in which the undergraduate Kinesiology, Sport, and Recreation programs have incorporated programmatic, curricular, and teaching/learning strategies to support integrative learning. What is the most successful Integrative Learning activity KSR undergraduates have experienced? What plans does the department have for more fully implementing and assessing Integrative Learning in the KSR curriculum?

Successful integrative learning experiences in the Exercise Science area include students gaining valuable experience working in the ATP Laboratory doing fitness assessments on people of all ages, and most meaningful, applying learned skills and knowledge in a full-semester internship.

Integrative learning in the Sport Management are includes; 1) participation in the Sport in the United Kingdom study abroad program; 2) staffing sport events hosted by EIU, including IHSA

state tournaments, EIU athletics events, and Special Olympics of Illinois events; and 3) completion of a professional internship.

Integrative learning in the PETE program occurs in the methods classes where students begin to apply theories into practice and culminates with the semester-long student-teaching experience.

2. Describe the department's strategies to continue expanding KSR student's cultural awareness?

Efforts in this area include the addition of a required Sport Management course titled 'PsychoSocial Aspects of Sport' (KSR 4326) and the development of a departmental relationship with the Exercise and Sport department at the University of Winchester (UK). A faculty exchange with an institution in Turkey is also being explored by the faculty.

3. What one unique, noteworthy activity is the department involved in at the undergraduate level that will enable the IBHE to distinguish it from other similar programs in the state?

Students gain unique, professional experiences through practicums, student teaching, ATP lab staffing, internships, study abroad, and collaborative class projects with local school districts, intercollegiate athletics departments, and/or community sport-recreation organizations. KSR students and faculty are heavily involved in EIU's hosting of IHSA state championships as well as other state level sport events and the Special Olympics.

8. Outcome

8.1 Decision:

Program in Good Standing

Program flagged for Priority Review

Program Enrollment Suspended

8.2 Explanation

On behalf of the office of Academic Affairs, I appreciate the faculty's commitment to assure high quality programming that aligns with industry standards and accreditation guidelines. The department is encouraged to continue exploration of innovative programming as it relates to enrollment objectives, particularly in the area of online programming. The report demonstrates the faculty's commitment to student success.