

## UNIT REPORT

## Applied Physiology & Kinesiology (BSAPK) - 01.Reviewer's Report - Academic Data

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# Applied Physiology & Kinesiology (BSAPK)

## Applied Physiology & Kinesiology BS Program Mission

### Mission:

The undergraduate Applied Physiology and Kinesiology major at the University of Florida offers students a flexible curriculum—providing the basics in exercise sciences and the opportunity to adapt their upper division courses to their preferred career goals and personal interests. Our students are exposed to the anatomical, physiological, and psychological consequences of human movement and explore the relationships between physical activity, health, and disease. Through didactic and experiential learning experiences, students earning a Bachelor of Science in Applied Physiology and Kinesiology (BS-APK) are prepared to enter a variety of graduate programs (e.g., exercise physiology, athletic training, biomechanics, sport psychology, motor control), professional schools (e.g., medical, physical therapy, occupational therapy, nursing) and/or enter the workforce to serve in multi-disciplinary areas within the fitness, health, and wellness industry. The mission of the Applied Physiology and Kinesiology undergraduate degree supports the missions of both the College of Health and Human Performance and the University of Florida. APK faculty and students engage in courses, research, and service-driven opportunities which promote health, health education, and overall wellness to individuals as well as local, regional, national, and even global communities. Our faculty, staff, students, alumni, and academic partners value inclusion, diversity, equity, and accessibility—and aim to centralize these in our curriculum, our academic policies, our department culture, and more broadly within the field of Applied Physiology and Kinesiology.

**Program Type and Level:** Bachelor (includes all bachelors level degrees)

**Start:** 07/01/2022

**End:** 06/30/2023

**Program:** Applied Physiology & Kinesiology (BSAPK)

**Program CIP:** 26.0908

**Site Information:** On Campus (Residential)

**If Other Site:** :

**Responsible Roles:** Christopher Janelle (cjmj@ufl.edu)

## PG 1 Provide quality courses

### Goal:

Provide quality courses which build a strong knowledge base and critical thinking skills in applied physiology and kinesiology (APK).

**Program:** Applied Physiology & Kinesiology (BSAPK)

### Evaluation Method:

The APK Undergraduate Curriculum Committee will review the APK program evaluation/student exit survey: Q23 [How would you rank the overall quality of APK courses?].

### Results:

These data were reviewed by the APK Undergraduate and Professional Curriculum Committee, including the undergraduate program coordinator, internship coordinator, and the department chair. 238 students responded to this question on the exit survey across the three semesters making up AY 2022-23 (fall 2022: 21; spring 2023: 171; summer 2023: 46). The average score out of 10 across all three semesters (1 being lowest, 10 being highest) was 8.96 (fall 2022: 9.1; spring 2023: 8.86; summer 2023: 8.93). This was a decline from last year's average of 9.00 as well as the prior year's average of 9.27. This result, albeit a trending decline, demonstrates that students are satisfied with the foundational courses provided in our program.

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## PG 2 Ensure high quality learning experiences

### Goal:

Ensure high quality learning experiences that allow students to put core knowledge and skills into practice and expand their ability to apply basic knowledge under the supervision and tutelage of discipline experts.

**Program:** Applied Physiology & Kinesiology (BSAPK)

**Evaluation Method:**

The APK Undergraduate Curriculum Committee will review the APK program evaluation/student exit survey: Q31 [Quality of internship experience] and Q35 [Quality of overall teaching effectiveness of faculty].

**Results:**

These data were reviewed by the APK Undergraduate and Professional Curriculum Committee, including the undergraduate program coordinator, internship coordinator, and the department chair. 238 students responded to question 31 (regarding quality of internships) on the exit survey across the three semesters making up AY 2022-23 (fall 2022: 21; spring 2023: 171; summer 2023: 46). The average score out of 10 across all three semesters (1 being lowest, 10 being highest) was 9.18. This is a slight decrease from last year's average of 9.30 (fall 2022: 9.43; spring 2023: 9.05; summer 2023: 9.07). These data are consistent with previous years in that they are quite positive/high and demonstrate that students are highly satisfied with the quality of learning experiences provided by the discipline experts in the field - the internship sites/supervisors.

238 students responded to question 35 (regarding overall quality of teaching by our faculty) on the exit survey across the three semesters making up AY 2022-23 (fall 2022: 21; spring 2023: 171; summer 2023: 46). The average score out of 10 across all three semesters (1 being lowest, 10 being highest) was 8.90 (fall 2022: 8.95; spring 2023: 8.86; summer 2023: 8.89). This is a slight increase from last year's average of 8.85. This is our second year using this question to assess this newer program goal.

Overall, this result demonstrates that students are generally happy with the quality of learning experiences provided by the discipline experts in the classroom - our faculty.

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### PG 3 Promote professionalism and adherence to ethical standards

**Goal:**

Promote professionalism and adherence to ethical standards for students in and out of the classroom through opportunities to communicate/collaborate with and think critically about individuals from diverse backgrounds and varying identities—recognizing the value of inclusion, diversity, equity, and accessibility.

**Program:** Applied Physiology & Kinesiology (BSAPK)

**Evaluation Method:**

The APK Undergraduate Curriculum Committee will review the APK program evaluation/student exit survey: Q37 [How well did your APK courses provide you with opportunities to communicate/collaborate with and think critically about individuals from diverse backgrounds and varying identities?]

**Results:**

These data were reviewed by the APK Undergraduate and Professional Curriculum Committee, including the undergraduate program coordinator, internship coordinator, and the department chair. 234 students responded to this question on the exit survey across the three semesters making up AY 2022-23 (fall 2022: 21; spring 2023: 169; summer 2023: 44). The average score out of 10 across all three semesters (1 being lowest, 10 being highest) was 8.44 (fall 2022: 8.81; spring 2023: 8.34; summer 2023: 8.16). This is similar to last year's average of 8.50. These data demonstrate a generally positive/high rating and, at minimum, suggest that incorporation of IDEA (inclusion, diversity, equity, and accessibility) in our program is recognizable by our students.

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### PG 4 Provide high quality experiential learning opportunities

**Goal:** Provide high quality experiential learning opportunities throughout the curriculum.

**Program:** Applied Physiology & Kinesiology (BSAPK)

**Evaluation Method:**

The APK Undergraduate Curriculum Committee will review the APK program evaluation/student exit survey: Q39 [How well did your APK Faculty incorporate experiential learning, including opportunities to reflect on those experiences, in your courses? For example: lab activities, out of classroom field work, interviews with experts, community engagement, etc.]

**Results:**

These data were reviewed by the APK Undergraduate and Professional Curriculum Committee, including the undergraduate program coordinator, internship coordinator, and the department chair. 237 students responded to this question (asking about incorporation of experiential learning in our classes) on the exit survey across the three semesters making up AY 2022-23 (fall 2022: 21; spring 2023: 170; summer 2023: 46). The average score out of 10 across all three semesters (1 being lowest, 10 being highest) was 8.33 (fall 2022: 8.29; spring 2023: 8.3; summer 2023: 8.41). This is within the range of the previous two cycles: AY 21-22: 8.21 and AY 20-21: 8.43. A number of our faculty have incorporated flipped classroom styles and have prioritized lab activities that can be accomplished in and out of a lecture hall. I think that this result demonstrates student recognition of this focused effort on the part of our faculty to bring hands-on-learning into courses traditionally taught with lectures alone.

Attached Files

## SLO 1 Content

### Outcome:

Integrate principles and methods of math, social sciences, and arts and humanities to applied physiology and kinesiology, wellness, and/or fitness environments

**SLO Area (select one):** Content (UG)

**Assessment Methods Checklist:** Faculty developed examination(s)/test(s)

Practica/Internship

**Assessment Method Narrative:**

**SLO Not Assessed This Year:**

**Threshold of Acceptability:** 100

**How many students did you assess for this outcome?:** 436

**How many students met the outcome?:** 436

**What percentage of students met the outcome?:** 100

**Does this meet your threshold of acceptability?:** Yes

### Results:

Practical Exam Mean Score across fall 2022 and spring 2023 (the two semesters the course is offered): n = 205; 4.53 (5 = excellent; 1 = poor). Internship Mean Score across fall 2022, spring 2023, and summer 2023: n = 231; 4.74 (5 = excellent, 1 = poor). All students met the threshold of acceptability for both the practical exam and the internship final evaluation--which equates to earning a 3 out of 5 or better. Closer evaluation of our individual student grades for the practical exam reflect that, in keeping with historical patterns, this first SLO tends to be where students have more difficulty compared to some of the other SLOs. 12 students required remediation on this SLO. In the last two years, those remediations were 5 (last year) and 14 (the year prior). Last year, we hypothesized that implementation of undergrad TAs (who were providing extra practice to students in preparation for the practical exams) helped decrease the need for remediation on some of the SLOs such as this one. However, since UGTAs were also used this past year, that hypothesis may not be accurate. In the practical exam, this SLO usually is assessed through a mathematical application, for example using the Fick equation to predict oxygen flow. Historically, we have found that our students are highly capable of understanding, computing, and applying the mathematics in theory, but sometimes get nervous during this oral exam and forget the exact equation or transpose parts of the equation, resulting in a score of less than 3 out of 5. Although the number of remediations for the practical exam increased from last cycle, there will still only 12 who needed the remediation (out of 205), which represents less than 6% of students. Furthermore, all remediations were successful. For internship evaluations, site supervisors also rely most heavily on the mathematical aspects of this SLO for evaluation of student interns. For example, site supervisors assess students on accurate calculations of things such as body mass index (BMI), percent of maximum heart rate (HR), and joint range of motion (ROM). Collectively, we feel that these data reflect that our students are successfully able to integrate principles of math, social sciences, and arts/humanities to applied physiology, kinesiology, wellness, and fitness environments.

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## SLO 2 Content

### Outcome:

Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity.

**SLO Area (select one):** Content (UG)

**Assessment Methods Checklist:** Faculty developed examination(s)/test(s)

Practica/Internship

**Assessment Method Narrative:**

**SLO Not Assessed This Year:**

**Threshold of Acceptability:** 100

**How many students did you assess for this outcome?:** 435

**How many students met the outcome?:** 435

**What percentage of students met the outcome?:** 100

**Does this meet your threshold of acceptability?:** Yes

### Results:

Practical Exam Mean Score across fall 2022 and spring 2023 (the two semesters the course is offered): n = 205; 4.48 (5 = excellent; 1 = poor). Internship Mean Score across fall 2022, spring 2023, and summer 2023: n = 230; 4.72 (5 = excellent, 1 = poor). This particular SLO is heavily focused on anatomical structures as they relate to health and fitness. An example of how this

is assessed in both the practical exam and in internship evaluations is to have students identify/list/explain muscles involved in specific exercises or those targeted by specific clinical interventions. A specific example might be to ask student to explain which muscles might be at fault for knee valgus during a squat or when standing up from being seated in a chair. Another example might be to ask students to explain the anatomical rationale for placement of electrodes in an electrocardiogram (ECG) assessment.

For the practical exam, 9 of the 205 students were required to remediate this SLO--but did so successfully on their second try. All students met the threshold of acceptability for both the practical exam and the internship--which equates to earning a 3 out of 5 or better. These data reveal that students are comfortable and competent using anatomical information and applications "in-house" and with novel scenarios out "in the field."

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### SLO 3 Content

**Outcome:**

Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems).

**SLO Area (select one):** Content (UG)

**Assessment Methods Checklist:** Faculty developed examination(s)/test(s)  
Practica/Internship

**Assessment Method Narrative:**

**SLO Not Assessed This Year:**

**Threshold of Acceptability:** 100

**How many students did you assess for this outcome?:** 428

**How many students met the outcome?:** 428

**What percentage of students met the outcome?:** 100

**Does this meet your threshold of acceptability?:** Yes

**Results:**

Practical Exam Mean Score across fall 2022 and spring 2023 (the two semesters the course is offered): n = 205; 4.32 (5 = excellent; 1 = poor). Internship Mean Score across fall 2022, spring 2023, and summer 2023: n = 223; 4.53 (5 = excellent, 1 = poor). In both the practical exam and at internship sites, this SLO is assessed in a multitude of ways, but largely comes down to students being able to accurately explain the physiology of various states. For example, can a student explain why heart rate maxes out at a certain point for everyone...or can a student explain the blood pressure response to isometric exercises? All students met the threshold of acceptability for both the practical exam and the internship--which equates to earning a 3 out of 5 or better. Compared to the last cycle, significantly more students struggled with this SLO, with 13 of 205 students needing to repeat the assessment for this SLO (compared to only 2 students needing remediation on this part of the practical exam last cycle). 13 students remediated this SLO two cycles ago, so this number is not disturbing and represents only 6% of the total number of students. We previously predicted that the decrease in remediation needed on the SLO in the practical exam was due to implementation of more undergrad TAs, which were largely responsible for helping students practice and prepare for the practical exam. Given this year's data, that hypothesis may not have been accurate. Collectively, these mean scores are reasonably high and demonstrate that our students excel in areas of application of physiological information in healthy, diseased, and exercising humans.

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### SLO 4 Content

**Outcome:**

Investigate and explain the effects of physical activity on psychological health as well as the perspectives used to enhance adherence to healthier lifestyles

**SLO Area (select one):** Content (UG)

**Assessment Methods Checklist:** Faculty developed examination(s)/test(s)  
Practica/Internship

**Assessment Method Narrative:**

**SLO Not Assessed This Year:**

**Threshold of Acceptability:** 100

**How many students did you assess for this outcome?:** 432

**How many students met the outcome?:** 432

**What percentage of students met the outcome?:** 100

**Does this meet your threshold of acceptability?:** Yes

**Results:**

Practical Exam Mean Score across fall 2022 and spring 2023 (the two semesters the course is offered): n = 205; 4.58 (5 = excellent; 1 = poor). Internship Mean Score across fall 2022, spring 2023, and summer 2023: n = 227; 4.65 (5 = excellent, 1 = poor). All students met the threshold of acceptability for both the practical exam and the internship--which equates to earning a 3 out of 5 or better. For the practical exam, only 3 of 205 students required remediation. An example of how this is assessed in practical exams is to provide the student with a scenario involving physical fitness assessment data from a subject/client/patient that indicates a poor level of health/fitness...and then asking the student to explain the data collected and the conclusion to the subject/client/patient. Students should present this information to the subject/client/patient in a respectful, conscientious manner that would facilitate healthy self-reflection and motivation to begin a healthy and safe exercise intervention. Similarly, site supervisors assess student interns on this SLO by observing how they interact with subjects/clients/patients. Student interns are also asked to do weekly self-reflections that are shared with the site supervisors, and these can help the supervisor assess how knowledgeable the intern is when it comes to psychological aspects of health and fitness. Our students appear to be able to explain the effects of physical activity and exercise on psychological aspects of health and provide suggestions for increasing adherence to healthier lifestyle choices in a way that elevates rather than denigrates. The health and fitness profession as a whole has seen progress in this area and we feel our program mirrors this within the curriculum. For example, body-positivity and individual differences have really taken off as a movement in the health and fitness industry and examples of these are embedded within many of our courses. This includes positive affects of exercise psychological factors of health (such as mood), but also the negative impacts of comparison, social media, and historical standards.

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## SLO 5 Content

### Outcome:

Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity.

**SLO Area (select one):** Content (UG)

**Assessment Methods Checklist:** Faculty developed examination(s)/test(s)  
Practica/Internship

**Assessment Method Narrative:**

**SLO Not Assessed This Year:**

**Threshold of Acceptability:** 100

**How many students did you assess for this outcome?:** 433

**How many students met the outcome?:** 433

**What percentage of students met the outcome?:** 100

**Does this meet your threshold of acceptability?:** Yes

### Results:

Practical Exam Mean Score across fall 2022 and spring 2023 (the two semesters the course is offered): n = 205; 4.45 (5 = excellent; 1 = poor). Internship Mean Score across fall 2022, spring 2023, and summer 2023: n = 228; 4.63 (5 = excellent, 1 = poor). All students met the threshold of acceptability for both the practical exam and the internship--which equates to earning a 3 out of 5 or better. For the practical exam, 9 of 205 students required remediation...and all students were successful on their second attempt with demonstrating proficiency on this SLO. A general example of how students are assessed on this SLO for both the practical exam and the internship evaluation would be asking students to explain why a particular exercise intervention would be prescribed for a given individual. In the practical exam, that would be a hypothetical situation. In the internship, however, this would likely be an actual subject/client/patient. Collectively, these data indicate that our students are doing a good job identifying /explaining chronic and acute exercise training adaptations.

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## SLO 6 Critical Thinking

### Outcome:

Select and utilize the appropriate scientific principles when assessing the health and fitness of an individual and prescribing physical activity based on those assessments.

**SLO Area (select one):** Critical Thinking (UG)

**Assessment Methods Checklist:** Faculty developed examination(s)/test(s)  
Practica/Internship

**Assessment Method Narrative:**

**SLO Not Assessed This Year:**

**Threshold of Acceptability:** 100

**How many students did you assess for this outcome?:** 425

**How many students met the outcome?:** 425

**What percentage of students met the outcome?:** 100

**Does this meet your threshold of acceptability?:** Yes

**Results:**

Practical Exam Mean Score across fall 2022 and spring 2023 (the two semesters the course is offered): n = 205; 4.37 (5 = excellent; 1 = poor). Internship Mean Score across fall 2022, spring 2023, and summer 2023: n = 220; 4.45 (5 = excellent, 1 = poor). All students met the threshold of acceptability for both the practical exam and the internship--which equates to earning a 3 out of 5 or better. The practical exam is housed within the course APK 4125c - Fitness Assessment & Exercise Prescription with Lab. For the practical exam, this mean score is one of the lowest across the 9 SLOs and that is typical. This may be due to the higher expectations and level of detail required during this assessment - since it is a primary focus the course this exam is housed within. Despite being one of the lower scores, very few students needed to remediate this SLO (only 5 of 205). In the practical exam, students are asked to physically perform fitness assessments on either an instructor or a teaching assistant (TA). These tests range from submaximal VO2 testing to flexibility/mobility to max strength to body composition. Students are then asked followup questions regarding what to do with the data collected from the assessment. In the internships, students would perform similar types of assessments but certainly could include many more than are offered in the classroom/lab here on campus. These data are consistent with years past and reflect that our students may be a little nervous during physical assessments of teachers and TAs, but are well-prepared by this point in the curriculum to employ appropriate assessments of health and fitness and to use the data collected in those assessments to prescribe safe and effective exercise.

Attached Files

## SLO 7 Critical Thinking

**Outcome:**

Solve applied physiology and kinesiology problems from personal, scholarly, and professional perspectives using fundamental concepts of health and exercise, scientific inquiry, and analytical, critical, and creative thinking.

**SLO Area (select one):** Critical Thinking (UG)

**Assessment Methods Checklist:** Faculty developed examination(s)/test(s)  
Practica/Internship

**Assessment Method Narrative:**

**SLO Not Assessed This Year:**

**Threshold of Acceptability:** 100

**How many students did you assess for this outcome?:** 432

**How many students met the outcome?:** 432

**What percentage of students met the outcome?:** 100

**Does this meet your threshold of acceptability?:** Yes

**Results:**

Practical Exam Mean Score across fall 2022 and spring 2023 (the two semesters the course is offered): n = 205; 4.49 (5 = excellent; 1 = poor). Internship Mean Score across fall 2022, spring 2022, and summer 2023: n = 227; 4.64 (5 = excellent, 1 = poor). All students met the threshold of acceptability for both the practical exam and the internship--which equates to earning a 3 out of 5 or better. For the practical exam, only 5 of 205 students required remediation--and those all resulted in successful outcomes. In both the practical exam and in internship sites, critical thinking and problem solving can be assessed in more diverse ways than can many of the other SLOs. In the practical exam, one way we can assess this is to ask students to select an alternative assessment for a subject/patient/client in the hypothetical scenario of a machine not working. Testers can evaluate their rationale for trying to quickly recalibrate or even power on/power off a piece of technology...and also evaluate their rationale for selection of a backup assessment. At internship sites, this might look similar, but could also include discussions of more clinical situations where students might be asked to make predictions of symptoms or even treatments. Because critical thinking and problem solving are not exclusive to "content," students could further be assessed on these skills with regard to industry-specific or company-specific functions where they are interning. These data are consistent from year to year and demonstrate that critical thinking and creative problem solving are a practiced skill for our students by the time they reach the practical exam (typically in their late junior or early senior year) and the internship.

Attached Files

## SLO 8 Critical Thinking

**Outcome:** Collect, compare, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.

**SLO Area (select one):** Critical Thinking (UG)

**Assessment Methods Checklist:** Faculty developed examination(s)/test(s)  
Practica/Internship

**Assessment Method Narrative:**

**SLO Not Assessed This Year:**

**Threshold of Acceptability:** 100

**How many students did you assess for this outcome?:** 428

**How many students met the outcome?:** 428

**What percentage of students met the outcome?:** 100

**Does this meet your threshold of acceptability?:** Yes

**Results:**

Practical Exam Mean Score across fall 2022 and spring 2023 (the two semesters the course is offered): n = 205; 4.59 (5 = excellent; 1 = poor). Internship Mean Score across fall 2022, spring 2023, and summer 2023: n = 223; 4.54 (5 = excellent, 1 = poor). All students met the threshold of acceptability for both the practical exam and the internship--which equates to earning a 3 out of 5 or better. The number of remediations this cycle was near that of the last two years (8 and 3)...with only 5 of 205 students needing a second attempt to demonstrate mastery of this SLO. In practical exams, this SLO can be assessed in combination with other SLOs. One example might be to have the student perform a body composition assessment on the examiner, record the measurements with correct units, use the measurements taken to calculate a percent of lean mass vs fat mass, and then use standards tables to stratify the person's risk of disease. At internship sites, this could be similar if the site was a health/fitness industry site, but could also include data collection and statistical analysis from electroencephalograms or blood flow studies (for example) if the student's internship site were in a research lab. These data are consistent with our historical data and reflect that, by and large, our students are well trained to collect, compare, and interpret qualitative or quantitative data in various health and wellness settings.

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## SLO 9 Communication

**Outcome:**

Effectively employ written, oral, visual, and electronic communication techniques to foster inquiry, collaboration, and engagement among applied physiology and kinesiology peers and professionals as well as with patients, clients, and/or subjects.

**SLO Area (select one):** Communication (UG)

**Assessment Methods Checklist:** Faculty developed examination(s)/test(s)  
Practica/Internship

**Assessment Method Narrative:**

**SLO Not Assessed This Year:**

**Threshold of Acceptability:** 100

**How many students did you assess for this outcome?:** 435

**How many students met the outcome?:** 435

**What percentage of students met the outcome?:** 100

**Does this meet your threshold of acceptability?:** Yes

**Results:**

Practical Exam Mean Score across fall 2022 and spring 2023 (the two semesters the course is offered): n = 205; 4.86 (5 = excellent; 1 = poor). Internship Mean Score across fall 2022, spring 2023, and summer 2023: n = 230; 4.75 (5 = excellent, 1 = poor). All students met the threshold of acceptability for both the practical exam and the internship--which equates to earning a 3 out of 5 or better. Consistent with the last two cycles, there were ZERO students who needed to remediate this part of the practical exam. The practical exam is an oral exam, so students are scored on aspects of communication such as clarity of thoughts, ability to articulate ideas to peers/professionals as well as non-experts (e.g., patients), confident body language and eye contact. Students are assessed by a randomly selected examiner...so they might be tested by their own teaching assistant (someone they are more familiar with) or another teaching assistant they've never met. Regardless of the familiarity with the tester, students tend to score well on this SLO. At internship sites, students are assessed on how well they communicate with their supervisor, with peers, and with subjects/clients/patients. Additionally, they can certainly be assessed on their written communications as well, such as professional emails or written components of their position (e.g., summaries/notes following working with a patient or contributions to scholarly writings like posters or abstracts). We feel that these data reflect (as they have in the past) that our students are excellent, adaptable, and confident communicators.

Attached Files

## Use of Results for Improvement 2022-2023

**Improvement Types Checklist:** Added one or more SLO assessment methods.  
Other changes (please describe in your narrative)

**Use of Results for Improvement Narrative - Required:**

Student exit survey data are used to assess our four program goals, which can generally be summarized as (1) quality courses, (2) quality instruction/mentorship, (3) inclusion and accessibility of the program, and (4) implementation of experiential learning within the program. Of these, our strongest area is quality instruction/mentorship. We feel this is largely the result of students

completing their final term of the program in a full-time internship. This provides students direct and substantial exposure to and mentorship by field experts. These data indicate that a weakness of our program is use of experiential learning throughout the program. These experiences do tend to be isolated to specific courses and the internship, which has always been a capstone experience at the very end of the curriculum. Our program has two major updates/plans in response to these data. First, a change to our internship. Currently, our internship requirement is capstone: students must complete 12 credits of internship in their final term. Starting in the spring of 2024, our students will be allowed to complete 12 total hours of internship as either a one-site experience (12 credits in one semester at one site OR 6 credits over two semester at the same site) or a two-site experience (6 credits at two different sites in the same or different semesters). This was implemented to help students with schedule flexibility and financial feasibility, as many of our students struggle to maintain paid work along with full time internships. This would also spread our experiential learning out a bit more for students who opt to begin their internships sooner. Second, a change to our teaching lab space. We are actively working with our college to build a state-of-the-art fitness assessment lab space which would enhance our current labs and allow expansion of experiential learning in the form of hands-on labs in courses that are currently limited in those areas. Our program has nine SLOs. All nine are directly assessed in our oral practical exam in APK 4125c (Fitness Assessment & Exercise Prescription w/ Lab). This is a comprehensive, hands-on assessment for the course. Our SLOs are also assessed in APK 4940c (APK Internship). Site supervisors assess our student interns across the entire semester, producing both a mid-term evaluation and a final evaluation. Midterm evaluations are shared with students so they can reflect on their performance up to that point in the term and improve on areas of weakness. Data from this cycle indicate that in the last year, our students were strongest in the area communication and weakest in the areas of explaining the physiology of exercise and disease, and employing appropriate health/fitness assessments and use of data from those assessments. Although these areas of weakness are lower than other SLO means, they are still quite high. In response to feedback from this data report last cycle (AY 21-22K) that our program should implement some indirect methods of assessment, the APK Undergraduate and Professional Curriculum Committee (APK UPCC) has begun discussions of possible indirect assessments of our SLO. One proposed option is to report on data collected from student reflection assignments completed in the internship. Students currently complete one reflection following midterm evaluation discussion with their site supervisor and another at the end of the experience specifically identifying how they met each SLO in their specific internship. That first reflection could be modified or used as-is in addition to our current data collected. Currently, those reflections are reviewed by our internship site supervisor in an effort to evaluate approved internship sites (quality control) rather than as a method to evaluate the program. Another option would be to add a question or questions to our exit survey along the lines of how students feel about what they have learned in our program. The APK UPCC is committed to continuing a thoughtful discussion of this feedback in order to select an appropriate, meaningful indirect assessment of our SLOs with a goal of adding this in the future. To assist in this effort, we plan to reach out to colleagues in other units to learn about their indirect assessment methods in order to get some good ideas.

**Program Results Not Reported This Year:**

**Program Results Reporting Complete:** true

### Applied Physiology & Kinesiology BS AAP Detail

**Providing Department:** Applied Physiology & Kinesiology (BSAPK)

**Assessment Cycle:**

As part of the capstone internship experience, data collection regarding SLO assessment will occur by the APK Undergraduate Internship Coordinator and the APK Undergraduate Program Coordinator. After review and compilation, data analysis and interpretation will occur by the APK Undergraduate Program Coordinator in conjunction with members of the APK Undergraduate Curriculum Committee (UCC) and the APK Department Chair. These data and analyses will be used to make recommendations in the form of program/curricular revisions as well as specific feedback on courses for implementation by our faculty.. Data review will occur annually at the end of summer term (capturing the data from the three previous internship semesters – fall, spring, summer). Appropriate recommendations to the faculty will be made during the fall semester and it is expected that consideration and/or implementation of recommended revisions will occur or begin to be implemented on or before the start of the following spring semester.

## Assessment Cycle Chart

Assessment Cycle for: Applied Physiology & Kinesiology

College: Health & Human Performance

Data Collection: Annually – Fall, Spring, Summer Semesters

Review, Analysis and Interpretation: End of Summer Semester (August 15)

Recommended Revisions: Fall Semester

Implementation of Revisions: Beginning of Spring Semester (January)

SLOs	Year	20-21	21-22	22-23	23-24	24-25	25-26
<b>Content Knowledge</b>							
#1		√	√	√	√	√	√
#2		√	√	√	√	√	√
#3		√	√	√	√	√	√
#4		√	√	√	√	√	√
#5		√	√	√	√	√	√
<b>Critical Thinking</b>							
#6		√	√	√	√	√	√
#7		√	√	√	√	√	√
#8		√	√	√	√	√	√



Communication #9						
	√	√	√	√	√	√

**SLO Assessment Rubric:**

See attached files.

Attached Files

**Assessment Oversight:**

Name	Department Affiliation	Email Address	Phone Number
Joslyn Ahlgren, PhD	Master Lecturer in APK; Chair, Undergraduate Curriculum Committee	<a href="mailto:jahlgren@ufl.edu">jahlgren@ufl.edu</a>	352-294-1728
Kari Maples	APK Undergraduate Academic Advisor	<a href="mailto:kmaples@ufl.edu">kmaples@ufl.edu</a>	352-294-1707
Sarah Eberhart	College of Health and Human Performance	<a href="mailto:seberhart@hhp.ufl.edu">seberhart@hhp.ufl.edu</a>	352-294-1645
Chris Janelle, PhD	Associate Dean for Academic and Student Affairs	<a href="mailto:cjanelle@hhp.ufl.edu">cjanelle@hhp.ufl.edu</a>	352-294-1718

**Methods and Procedures - Undergraduate and All Certificate Programs:**

Student Learning Outcome	Assessment Method	Measurement Procedure
Integrate principles and methods of math, social sciences, and arts and humanities to applied physiology and kinesiology, wellness, and/or fitness environments	Laboratory Practical Exam Internship Evaluation	Exam score: Student must earn a 3 out of 5 or higher Supervisors final evaluation: Student must earn a 3 out of 5 or higher
Identify and relate the nomenclature, structures, and locations of components of human anatomy to health, disease, and physical activity.	Laboratory Practical Exam Internship Evaluation	Exam score : Student must earn a 3 out of 5 or higher Supervisors final evaluation: Student must earn a 3 out of 5 or higher
Identify, examine, and explain physiological mechanisms of homeostasis at various levels of an organism (i.e., cells, tissues, organs, systems).	Laboratory Practical Exam Internship Evaluation	Exam score: Student must earn a 3 out of 5 or higher Supervisors final evaluation: Student must earn a 3 out of 5 or higher
Investigate and explain the effects of physical activity on psychological health as well as the perspectives used to enhance adherence to healthier lifestyles.	Laboratory Practical Exam Internship Evaluation	Exam score: Student must earn a 3 out of 5 or higher Supervisors final evaluation: Student must earn a 3 out of 5 or higher
Identify and explain the acute and chronic anatomical and physiological adaptations to exercise, training, and physical activity.	Laboratory Practical Exam Internship Evaluation	Exam score: Student must earn a 3 out of 5 or higher Supervisors final evaluation: Student must earn a 3 out of 5 or higher
Select and utilize the appropriate scientific principles when assessing the health and fitness of an individual and prescribing physical activity based on those assessments.	Laboratory Practical Exam Internship Evaluation	Exam score: Student must earn a 3 out of 5 or higher Supervisors final evaluation: Student must earn a 3 out of 5 or higher
Solve applied physiology and kinesiology problems from personal, scholarly, and professional perspectives using fundamental concepts of health and exercise, scientific inquiry, and analytical, critical, and creative thinking.	Laboratory Practical Exam Internship Evaluation	Exam score: Student must earn a 3 out of 5 or higher Supervisors final evaluation: Student must earn a 3 out of 5 or higher
Collect, compare, and interpret qualitative or quantitative data in an applied physiology and kinesiology context.	Laboratory Practical Exam Internship Evaluation	Exam score: Student must earn a 3 out of 5 or higher Supervisors final evaluation: Student must earn a 3 out of 5 or higher
Effectively employ written, oral, visual, and electronic communication techniques to foster inquiry, collaboration, and engagement among applied physiology and kinesiology peers and professionals as well as with patients, clients, and/or subjects.	Laboratory Practical Exam Internship Evaluation	Exam score: Student must earn a 3 out of 5 or higher Supervisors final evaluation: Student must earn a 3 out of 5 or higher

There are two primary assessment methods utilized to collect data on APK’s nine student learning outcomes (SLOs): the laboratory practical examination given at the end of APK 4125c (Fitness Assessment & Exercise Prescription with Lab) and the final evaluation of students provided by their capstone internship site supervisor. For the practical exam, students are scored on all nine SLOs. For the internship evaluation, students are evaluated on at least six of the nine SLOs. This difference reflects the broad nature of the curriculum relative to the more specialized nature of student internships.

APK 4125c (Fitness Assessment & Exercise Prescription with Lab) is a course taken in one of the two semesters preceding their capstone internship. This course is intentionally placed near the end of the curriculum so that it can serve as an opportunity to assess students on the program’s SLOs prior to entering their internship. This way, if the student demonstrates deficiencies, those can be appropriately remediated, resulting in a more successful internship experience for both the student and the internship site. During the practical examination (see sample rubric below), students individually perform assessments on themselves or the proctor, while formally answering questions regarding related anatomy, physiology, and course-specific content (not shown in the document) in a clear and professional manner. Assessed by the lab teaching assistant and/or course instructor, the exam simulates practical expectations for their internship and future career options. The data capture process involves ranking each student on the nine SLOs via a five-point scale, helping to facilitate consistency across semesters when different instructors and teaching assistants administer the exam, and aligning this direct form of SLO assessment with how internship site supervisors are asked to evaluate students. Students must earn a three out of five on all SLOs on this exam in order to successfully meet the program requirements allowing them to be eligible to register for and complete the capstone internship course (APK 4940c). Students who do not meet the benchmark for “passing” the practical exam are given a chance to remediate the exam with a different assessor. Failure to meet the benchmark on the second attempt results in an individualized assessment plan specific to the deficits highlighted by the assessors. That individualized assessment plan is constructed by the course instructor with recommendations from the Internship Coordinator, Academic Advisor, and Teaching Assistants for the course. The Undergraduate Coordinator reviews this plan with the course instructor and makes recommendations to the department chair and course instructor regarding appropriate benchmarks for quantifying the successful completion of SLOs throughout the academic program and capstone internship experience.

Prior to graduation, all Applied Physiology and Kinesiology majors are required to complete a 520-hour internship in a research, rehabilitation, or fitness/wellness setting. The internship site supervisor works closely with their APK student intern(s) to provide them with applied learning experiences and feedback to help them grow professionally throughout the semester. At the conclusion of the internship, students are evaluated by their site supervisor on a variety of metrics, including the SLOs for the program. Similar to how the laboratory practical exam is scored, each student is assessed on at least six of the nine SLOs. Students are scored using a five-point scale and they must earn a three out of five on all graded SLOs to successfully pass the capstone internship course. The final internship evaluation completed by the site supervisor is submitted using a Qualtrics survey and can be viewed at this link: [https://ufl.qualtrics.com/jfe/form/SV\\_ekSVMkLxhKtW0jb](https://ufl.qualtrics.com/jfe/form/SV_ekSVMkLxhKtW0jb).

**Curriculum Map - Undergraduate Degree Programs:**

Curriculum Map for: Applied Physiology & Kinesiology College: Health & Human Performance

The assessment tools used in the Curriculum Map to capture completion of the SLOs include 1) Laboratory Practical Examination (APK 4125c) and 2) Supervisor Evaluation of Internship Form (APK 4940c).

Key: Introuced                      Reinforced                      Assessed

Courses SLOs	APK 3110C	APK 3200	APK 3220C	APK 3400	APK 3405	APK 4050	APK 4125C	APK 4940C
<b>Content Knowledge</b>								
#1	I		R	R	R	R	R,A (Laboratory Practical Exam)	R,A (Internship Evaluation)
#2	I	R	R				R,A (Laboratory Practical Exam)	R,A (Internship Evaluation)
#3	I		R				R,A (Laboratory Practical Exam)	R,A (Internship Evaluation)
#4	I			R	R		R,A (Laboratory Practical Exam)	R,A (Internship Evaluation)
#5	I	R	R		R		R,A (Laboratory Practical Exam)	R,A (Internship Evaluation)
<b>Critical Thinking</b>								
#6	I				R	R	R,A (Laboratory Practical Exam)	R,A (Internship Evaluation)
#7	I	R	R	R	R	R	R,A (Laboratory Practical Exam)	R,A (Internship Evaluation)
#8	I		R			R	R,A (Laboratory Practical Exam)	R,A (Internship Evaluation)
<b>Communication</b>								

#9	I	R	R	R	R	R	R,A (Laboratory Practical Exam)	R,A (Internship Evaluation)
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**Research :**

This is not a research degree.

**SLO Measures - Graduate and Professional Programs:**

**Assessment Timeline - Graduate and Professional Programs:**

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