

EXECUTIVE SUMMARY

BACHELOR OF SCIENCE IN EXERCISE SCIENCE

Major Findings of the Program's Quality and Productivity

The detailed self-study of the Exercise Science program provides a more in-depth analysis of quality and productivity. Overall, the self-study revealed that the B.S. in Exercise Science is a program of high quality and productivity and a valuable asset to CSU.

Program's Strengths in the Area of Quality

Listed below are the areas found to be "very strong" with respect to program quality:

- Stakeholder satisfaction with program
- Relationship of program needs to student and societal demands
- Quality of faculty
- Quality of teaching
- Quality of research and scholarship
- Quality of Service

Program's Strengths in the Area of Productivity

Listed below are the areas found to be "very strong" with respect to program productivity:

- Enrollment in Program for past 5 years
- Degrees awarded over past 5 years
- Cost effectiveness of instructional delivery

List of Recommendations for Improving Program Quality

Below are three broad recommendations to improve the quality of the Exercise Science program. The detailed self-study provides additional sub-points under these three main areas to improve program quality:

- Additional faculty member and instructional support (new M.S. began Fall 2013)
- Continue to evaluate and improve undergraduate curriculum
- Improve Human Performance Laboratory

List of Recommendations for Improving Program Productivity

The two areas below were rated as "satisfactory" when compared to other CSU undergraduate programs. However, there is room for improvement for these two indicators, which would be consistent with current CSU and BOR initiatives.

- Improve retention rates
- Improve graduation rates

Conclusion about the Program's Viability at CSU

The Exercise Science program continues to be a very viable program at CSU. The program is cost efficient and enrollment has grown exponentially over the past 5 years. The program prepares students for a variety of career paths, many of which have been projected to increase in demand in future years. Recent graduates have been accepted to graduate schools and medical programs or have found employment other areas such as the health and fitness industry. Program faculty are dedicated teachers, advisors, and scholars and they provide valuable service to CSU and the community.

Program Improvement Plan

The Bachelors of Science in Exercise Science has continued to progress by adding a new M.S. Exercise Science degree (final BOR approval Fall 2012). The new M.S. degree is an option for graduating students as well as students in the region. As such, there are a number of recommendations to ensure the future success of the program in addition to meeting current demands. Recommendations to improve program productivity are as follows.

Additional faculty and instructional support

- 1) Create and follow a retention and graduation plan for your program.
- 2) Hire a full-time (tenure-track) faculty member
- 3) Seek qualified part-time faculty to assist with growing enrollment
- 4) Discuss and define workload expectations to be consistent with the department and the COEHP faculty; allow for meaningful research initiatives
- 5) Increase professional development funds to support program faculty development and travel to professional conferences

Continue to evaluate and improve undergraduate curriculum

- 1) Increase the number of EXSC course offerings
- 2) Explore adding a major field test to assess program learning outcomes
- 3) Add more required laboratory time to curriculum (EXSC 4131, EKG, etc...)
- 4) Seek ways to increase undergraduate research
- 5) Explore study abroad / international course offerings

Improve Human Performance Laboratory

- 1) Expand the Human Performance Laboratory
- 2) Add equipment to Human Performance Laboratory (e.g.- metabolic measuring system, treadmills, equipment for biomechanics courses, etc...)

Improve graduation rates

Note - rated satisfactory in report when compared to other CSU programs; improvement in this area is critical to all CSU programs

- 1) Explore ways to use Introduction to Exercise Science (EXSC 1105) to positively impact retention and graduation
- 2) Other initiatives in the following table can improve program quality – which may have a positive impact on graduation rates
- 3) Create and follow a retention and graduation plan for your program.

Improve retention rates

Note - rated satisfactory in report when compared to other CSU programs; improvement in this area is critical to all CSU programs

- 1) Explore ways to use Introduction to Exercise Science (EXSC 1105) to positively impact retention and graduation
- 2) Other initiatives below can improve program quality – which may have a positive impact on retention rates
- 3) Create and follow a retention and graduation plan for your program.

Specific initiatives / actions to be implemented

INITIATIVES / ACTIONS	TIMETABLE	NEW OR REALLOCATED RESOURCES
Create and follow a retention and graduation plan for your program.	Spring 2014	None
Hire a full-time (tenure-track) faculty member	Fall 2013	New faculty line funded with state funds
Seek qualified part-time faculty to assist with growing enrollment	Ongoing	Part-time budget
Discuss and define workload expectations to be consistent with department and the COEHP faculty and / or to allow for meaningful research initiatives	Fall 2014	N/A
Increase professional development funds to support program faculty development and travel to professional conferences	Ongoing	Contingent upon CSU allocated funds
Increase the number of EXSC course offerings	Ongoing	Contingent upon new faculty hire and qualified part-time faculty.
Explore adding a major field test to assess program learning outcomes	Ongoing	Development of major field test would be completed by program faculty. Implementation of test would be the responsibility of the program coordinator.
Add more required laboratory time to curriculum (EXSC 4131, EKG, etc...)	Fall 2014	None
Seek ways to increase to increase undergraduate research	Ongoing	None
Explore study abroad / international course offerings	Ongoing	Contingent upon interests of program faculty and appropriateness of courses in international setting.
Expand the Human Performance Laboratory	Fall 2015	Contingent upon possible move to downtown campus. If program does not move, other options will need to be discussed (including limiting enrollment or expanding current

		space).
Add equipment to Human Performance Laboratory (e.g.- metabolic measuring system, treadmills, equipment for bio-mechanics courses, etc...)	Ongoing / Annual (As needed)	Contingent upon Departmental and COEHP funds. Major purchases may need more COEHP assistance.
Require EXSC 1105 (Introduction to Exercise Science) to improve retention and graduation rates	Completed (new catalog F'13)	None
Explore adding freshmen learning community with EXSC 1105	Ongoing	None

Recommendation: *Maintain the Program at the Current Level.*

The overall program quality is very strong.

CSU will continue to work to improve the Bachelors of Science in Exercise Science by improving the curriculum, providing better support and resources for faculty and students, intensifying recruitment efforts, and developing a retention and graduation plan to improve program viability.

By following the above recommendation, we will attract more students.

Summary Recommendation and Supporting Rationale

Recommendation: Enhance or Expand the Program

The Exercise Science program has strong ratings in many areas relating quality and productivity; therefore, it is recommended efforts are continued to “enhance or expand” the program with additional investments from CSU. Continuing to expand undergraduate enrollment may not be a suitable option at this time as current faculty workload and existing resources (e.g. – laboratory space) are at capacity. Enhancing the Exercise Science program can be achieved in the following areas:

- Expand EXSC course offerings
 - o Expand EXSC course offerings
 - o Exercise Science is a broad discipline, and there are several opportunities to enhance student knowledge and skills (e.g. – EKG, biomechanics, etc...)
 - o Will provide opportunities to students to complete their degree who may not have time to complete a 12-credit internship (e.g. - part / full-time work)
- Enhance human performance laboratory
 - o Provide adequate space for B.S and M.S. programs
 - o Ensure state of the art facilities, on-par (or better) than peer institutions or larger universities
 - o Increase undergraduate research
- New M.S. Exercise Science (implemented Fall 2013)
 - o Option for graduating seniors
 - o Graduate assistants with program may assist with undergraduate laboratory courses (improved hands-on skills) and research