

AY 2017 – 2018 Assessment

Program – Health and Physical Education K-12 (378)

College: Gallaspy College of Education and Human Development

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Northwestern Mission. Northwestern State University is a responsive, Student-oriented institution that is committed to the creation, dissemination, and acquisition of knowledge through teaching, research, and service. The University maintains as its highest priority excellence in teaching in graduate and undergraduate programs. Northwestern State University prepares its Students to become productive members of society and promotes economic development and improvements in the quality of life of the citizens in its region.

Gallaspy College of Education and Human Development is a committed and diverse community of scholars, educators, students, and future leaders working collaboratively to acquire, create, and disseminate knowledge through transformational, high-impact experiential learning practices, research, and service. The College produces graduates with the capabilities and confidence to be productive members of society equipped with the skill sets necessary to promote economic and social development thereby improving the overall quality of life in the region. The College offers a wide variety of exemplary undergraduate and graduate programs that prepare candidates for career success across the spectrum of professional roles and setting. These programs include teacher education, leadership, and counseling; health and human performance; psychology and addiction studies; social work; and military science. Candidates are taught to become adaptive critical thinkers and problem solvers in diverse scenarios capable of leveraging new technologies to enrich lifelong learning. As caring, competent, reflective practitioners, our graduates become positive role models in their communities and leaders in the nation's military.

Department of Health and Human Performance's Mission. The Department of Health and Human Performance at Northwestern State University of Louisiana provides training for health, physical education, exercise science, and sport professionals. Dedicated faculty and staff members build student knowledge through the discussion and utilization of current practices, topics, and trends to optimize classroom engagement. The department goals align with the Gallaspy Family College of Education and Human Development, as faculty and staff members actively implement transformational, high-impact experiential learning practices, research, and service for a diverse population of learners. Students may earn one of three degrees – Bachelor of Science in Health and Exercise Science, Bachelor of Science in Health and Physical Education, or Master of Science in Health and Human Performance. Additionally, students in the Department of Health and Human Performance participate in competitive internships in a wide variety of locations.

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Health and Physical Education Program Mission Statement: Through the completion of program requirements for Health and Physical Education K-12 Teaching, students will gain foundational knowledge in health, physical fitness, and pedagogy. Candidates will acquire, create, and disseminate knowledge through transformational, high-impact experiential learning practices, critical thinking, research, reflective analysis, communication, and evaluation. The Bachelor of Science Degree in Health and Physical Education K-12 Teaching challenges teacher candidates to develop plausible solutions for health and physical fitness needs, beginning and continuing from kindergarten through 12th grade. Through these learning experiences, Health and Physical Education K-12 candidates become life-long learners with the ability to encourage students with the desire to develop and promote physical activity for a lifetime.

Methodology: The assessment process for the HPE K-12 program is as follows:

- (1) Data or evidence from assessment tools are collected and returned to the Department Head;
- (2) The Department Head will analyze the data or evidence to determine whether students have met measurable outcomes;
- (3) Results from the assessment will be discussed with the program faculty;
- (4) Individual meetings will be held with faculty teaching major undergraduate courses, if required (show cause);
- (5) The Department Head, in consultation with the HHP Advisory Committee, will propose changes to measurable outcomes, assessment tools for the next assessment period and where needed, curricula and program changes.

Student Learning Outcomes:

SLO 1. The student will demonstrate a basic knowledge of principles and foundations of Health and Physical Education.

Course Map: Tied to course syllabus objectives.

HP 2010: Foundations of Physical Education

HP 2630: Motor Learning

HP 3550: Applied Kinesiology

HP 4000: Introduction to Adaptive P. E.

HP 4170: Exercise Testing, Evaluation and Prescription

Measure 1.1. (Direct – Knowledge):

SLO 1 is assessed through the Praxis II Health and Physical Education: Content Knowledge (#5857) exam. A passing score of 160 is required for successful achievement. The assessment is aligned with the 2008 NASPE Standards and is

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required for teacher licensure in the state of Louisiana. NSULA requires this assessment to be passed before the teacher candidate enters into the teaching internship; therefore, the success rate is 100%.

Findings:

AY 2017-2018: Met Target with 100% pass rate.

AY 2016-2017: Met Target with 100% pass rate.

Analysis: In AY 2016-2017, evidence is shown that the target was met. All teacher candidates are required to pass the Praxis II Health and Physical Education: Content Knowledge Exam (#5857) prior to the teaching internship; therefore, program completers will score a 160 or higher at a 100% pass rate. This high rate of success will be continued by faculty aligning HPE courses to the National Physical Education Teacher Education Standards and remaining current as these standards were updated in 2017. This assessment has a direct effect on candidate learning as it assesses all information taught through the program.

To continue this success as the number of candidates increase in the HPE (378) major, the AY 2017-2018 evidence is shown through the alignment of coursework with the 2008 NASPE Standards required for teacher licensure in the state of Louisiana; therefore, 100% student's success rate can be maintained. By requiring this assessment to be passed before the teacher candidate enters the teaching internship, the success rate should remain 100%.

This high rate of success will be continued by faculty aligning HPE courses to the National Physical Education Teacher Education Standards and remaining current as these standards were updated in 2017. This assessment has a direct effect on candidate learning as it assesses all information taught through the program.

Decision: Based on the analysis of the results, continuous improvement will result in the future from the analysis of the AY 2016-2017 and AY 2017-2018 results. To continue the positive results from AY 2017-2018, changes to the HPE program in AY 2018-2019 will include the alignment to the current National Physical Education Teacher Education Standards. By creating this stronger alignment with the national standards, candidate success can be maintained as content on the Praxis II Health and Physical Education: Content Knowledge Exam (#5857) will continually be covered through courses. Additionally, known practice materials and review sessions will be held to promote success. As the number of candidates and size of the classes increase, these review sessions could help candidate learning and increase the first attempt pass rate.

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Measure 1.2. (Direct – Skills/Ability): Candidates will demonstrate their critical thinking and problem-solving skills through a variety of case studies, as well as scenario-driven exercises in which they are required to analyze and develop a response to a health and physical education-related situation. In these responses, they must demonstrate proper response and actionable recommendations based on the information presented. 75% of the candidates will score 70% or higher on these exercises.

Findings:

AY 2017-2018: HP 2010 target met. 85% of the candidates achieved 70% or higher.

AY 2016-2017: HP 2010 target met. 92% of the candidates achieved 70% or higher.

AY 2017-2018: HP 2630 target met. 90% of the candidates achieved 70% or higher.

AY 2016-2017: HP 2630 target met. 100% of the candidates achieved 70% or higher.

AY 2017-2018: HP 3550 target met. 75% of the candidates achieved 70% or higher.

AY 2016-2017: HP 3550 target met. 100% of the candidates achieved 70% or higher.

AY 2017-2018: HP 4000 target met. 83% of the candidates achieved 70% or higher.

AY 2016-2017: HP 4000 target met. 86% of the candidates achieved 70% or higher.

AY 2017-2018: HP 4170 target met. 88% of the candidates achieved 70% or higher.

AY 2016-2017: HP 4170 target met. 100% of the candidates achieved 70% or higher.

Analysis: In AY 2016-2017, the target of 75% was met. These results were maintained in 2017-2018 by increasing their critical thinking and problem-solving skills through a variety of case studies as well as scenario-driven exercises in which they were required to analyze and develop a response to a health and physical education-related situation. In these responses, they demonstrated proper response and actionable recommendations based on the information presented.

To continue this success as the number of candidates increase in the HPE (378) major, the AY 2017-2018, additional case studies as well as scenario-driven exercises in which students are required to analyze and develop a response to a health and physical education-related situation will be added.

The faculty will continue to align the curriculum to meet the national and state standards for physical education teacher education programs. This will help ensure the candidates are continuously gaining current knowledge in problem-solving and critical thinking relevant to physical literacy. The faculty will conduct specific study sessions and labs during the year, to enrich candidates' understanding of course material.

Decision: Based on the analysis of the results, continuous improvement will result in the future from the analysis of the AY 2016-2017 and AY 2017-2018 results. In AY 2018-2019, program improvements will be maintained through increased study sessions as well as during labs, maintaining current information in courses, and the alignment

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with state and national standards on physical education. The current analysis shows program improvement; however, the addition of varied case studies, study sessions, and labs can increase candidate learning and success.

SLO 2. The student will demonstrate the ability to develop an exercise prescription plan, which encompasses the initial prescription, maintenance for such prescription and subsequent re-evaluation strategies for apparently healthy populations.

Course Map: Tied to course syllabus below.

HP 2110: Basic Movement and Rhythmical Activities

HP 2230: Recreational and Innovative Games

HP 2240: Individual and Dual Sports

HP 2270: Physical Fitness

HP 2280: Team Sports

Measure: 2.1. (Direct – Skill / Ability)

Students will develop content knowledge in the presentation of physical education techniques through activity demonstrations with class participants. This will be achieved by attaining a grade level of 70% on a 4-week unit lesson plan of instruction in one of the physical education techniques classes. 75% of the students will score 70% or higher on these exercises.

Findings:

AY 2017-2018: HP 2110 target met. 92% of the candidates achieved 70% or higher.

AY 2016-2017: HP 2110 was not offered.

AY 2017-2018: HP 2230 target met. 100% of the candidates achieved 70% or higher.

AY 2016-2017: HP 2230 target met. 100% of the candidates achieved 70% or higher.

AY 2017-2018: HP 2240 target met. 100% of the candidates achieved 70% or higher.

AY 2016-2017: HP 2240 target met. 100% of the candidates achieved 70% or higher.

AY 2017-2018: HP 2270 target met. 62% of the candidates achieved 70% or higher.

AY 2016-2017: HP 2270 target met. 100% of the candidates achieved 70% or higher.

AY 2017-2018: HP 2280 target met. 89% of the candidates achieved 70% or higher.

AY 2016-2017: HP 2280 target met. 100% of the candidates achieved 70% or higher.

Analysis: In AY 2016-2017, evidence is shown that the target of 75% was met as enrolled candidates developed content knowledge in the presentation of physical education techniques, through activity demonstrations with class participants. This measure was achieved by attaining a minimum grade level of 70% on a 4-week unit lesson plan of instruction, in one of the physical education techniques classes.

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To continue this success as the number of candidates increase in the HPE (378) major, the AY 2017-2018, evidence shows the target of 75% was met in all courses except HP 2270: Physical Fitness. The measure for AY 2017-2018 was the same criteria established during AY 2016-2017, enrolled candidates developed content knowledge in the presentation of physical education techniques, through activity demonstrations to class participants. This measure was achieved by attaining a minimum grade level of 70% on a 4-week unit lesson plan of instruction, in one of the physical education techniques classes.

The faculty will continue to align curriculum to meet the national and state standards for physical education teacher education programs. This will help ensure the candidates are continuously gaining current knowledge in problem-solving and critical thinking relevant to physical literacy. The plan of action for increasing these scores for HP 2270: Physical Fitness will be faculty with the help of graduate assistants, conducting study sessions and labs during the year, to enrich candidates' understanding of course material.

Decision: Based on the analysis of the results, continuous improvement will result in the future from the analysis of the AY 2016-2017 and AY 2017-2018 results. In AY 2018-2019, program improvements will be maintained through increased study sessions as well as during labs, maintaining current information in courses, and the alignment with state and national standards on physical education. The current analysis shows attention is needed in HP 2270: Physical Fitness; however, with the addition of study sessions as well as labs, candidate learning, and success can be increased.

Measure: 2.2. (Direct -- Knowledge)

Candidates will be able to describe and apply the correct progression activity and the duration of exercise needed to satisfy the outcome required by the respective technique presented. This will be determined with 75% of the students earning a score at least 70% on semester technique/skill presented.

Findings:

AY 2017-2018: HP 2110 target met. 92% of the candidates achieved 70% or higher.

AY 2016-2017: HP 2110 was not offered.

AY 2017-2018: HP 2230 target met. 100% of the candidates achieved 70% or higher.

AY 2016-2017: HP 2230 target met. 100% of the candidates achieved 70% or higher.

AY 2017-2018: HP 2240 target met. 100% of the candidates achieved 70% or higher.

AY 2016-2017: HP 2240 target met. 100% of the candidates achieved 70% or higher.

AY 2017-2018: HP 2270 target met. 62% of the candidates achieved 70% or higher.

AY 2016-2017: HP 2270 target met. 100% of the candidates achieved 70% or higher.

AY 2017-2018: HP 2280 target met. 89% of the candidates achieved 70% or higher.

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AY 2016-2017: HP 2280 target met. 100% of the candidates achieved 70% or higher.

Analysis: In AY 2016-2017, the target of 75% was met as enrolled candidates described and applied the correct progression activity and the duration of exercise needed to satisfy the outcome required by the respective technique presented. This was determined with 75% of the candidates earning a score at least 70% on semester technique/skill presented.

To continue this success as the number of candidates increase in the HPE (378) major, the AY 2017-2018, evidence shows the target of 75% was met in all courses except HP 2270: Physical Fitness. The measure for AY 2017-2018 was the same criteria established during AY 2016-2017, enrolled candidates described and applied the correct progression activity and the duration of exercise needed to satisfy the outcome required by the respective technique presented. This was determined with 75% of the candidates earning a score at least 70% on semester technique/skill presented.

In AY 2017-2018, the faculty aligned curriculum to meet the national and state standards for physical education teacher education programs. By doing so, this ensured the candidates were continuously gaining current knowledge in problem-solving and critical thinking relevant to physical literacy. The plan of action for increasing these scores for HP 2270: Physical Fitness in AY 2018-2019 will be done by increasing study sessions and labs during the year to enrich candidates' understanding of course material.

Decision: Based on the analysis of the results, continuous improvement will result in the future from the analysis of the AY 2016-2017 and AY 2017-2018 results. In AY 2018-2019, program improvements will provide more evidence of candidates' understanding through enrichment of study sessions and during labs. By continually maintaining current information in the courses and alignment with state and national standards on physical education teacher education, candidates will obtain the information required for success. More specifically, analysis shows that increased attention is needed in HP 2270: Physical Fitness; however, with the addition of study sessions and labs, candidates' learning, and success can be increased.

SLO 3. The student will be able to demonstrate the ability to administer test protocols for evaluating the components of physical fitness.

Course Map: Tied to course syllabus below.

HP 3561: Exercise Physiology Laboratory

HP 4170: Testing, Evaluation, and Prescription of Exercise in Health and Human Performance

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Measure 3.1. (Direct – Skill / Ability)

The candidate will earn a performance evaluation score of 70% or higher in the administration of testing protocols for various physical fitness components. This will be determined with 75% of the candidates earning a score at least 70% or higher in the administration of testing protocols for various physical fitness components.

Findings:

AY 2017-2018: HP 3561 target met. 83% of the candidates achieved 70% or higher.

AY 2016-2017: HP 3561 target met. 100% of the candidates achieved 70% or higher.

AY 2017-2018: HP 4170 target met. 88% of the candidates achieved 70% or higher.

AY 2016-2017: HP 4170 target met. 100% of the candidates achieved 70% or higher.

Analysis: In AY 2016-2017, evidence is shown the target of 75% was met as enrolled candidates earned a performance evaluation score of 70% or higher in the administration of testing protocols for various physical fitness components.

To continue this success as the number of candidates increase in the HPE (378) major, the AY 2017-2018, evidence shows the target of 75% was met as enrolled candidates earned a performance evaluation score of 70% or higher in the administration of testing protocols for various physical fitness components.

In AY 2017-2018, the faculty continued to align curriculum to meet the national and state standards for physical education teacher education programs. By doing so this helped ensure the candidates continuously gained current knowledge in fitness testing relevant to physical literacy. Faculty with the help of graduate assistants, conducted study sessions and labs during the year, to enrich candidates' understanding of course material.

Decision: Based on the analysis of the results, continuous improvement will result in the future from the analysis of the AY 2016-2017 and AY 2017-2018 results. In AY 2018-2019, program improvements will include the application of test protocols and the analysis of results to better establish program design.

Measure 3.2. (Direct – Knowledge)

The candidate will correctly select the appropriate test protocol to be used in various physical fitness and exercise settings (elementary, middle, and secondary levels). This will be determined with 75% of the candidates scoring 70% or higher on correctly selecting the appropriate fitness test and scoring guides.

Findings:

AY 2017-2018: HP 3561 target met. 83% of the candidates achieved 70% or higher.

AY 2016-2017: HP 3561 target met. 100% of the candidates achieved 70% or higher.

AY 2017-2018: HP 4170 target met. 88% of the candidates achieved 70% or higher.

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AY 2016-2017: HP 4170 target met. 100% of the candidates achieved 70% or higher.

Analysis: In AY 2016-2017, evidence is shown the target of 75% was met as enrolled candidates correctly selected the appropriate test protocol to be used in various physical fitness and exercise settings (elementary, middle, and secondary levels).

To continue this success as the number of candidates increase in the HPE (378) major, the AY 2017-2018, evidence shows the target of 75% was met as enrolled candidates correctly selected the appropriate test protocol to be used in various physical fitness and exercise settings (elementary, middle, and secondary levels).

In AY 2017-2018, the faculty continued to align curriculum to meet the national and state standards for physical education teacher education programs. By doing so, this ensured the candidates continuously gained current knowledge in fitness testing relevant to physical literacy. As needed, faculty with the help of graduate assistants, conducted study sessions and labs during the year, to enrich candidates' understanding of course material.

Decision: Based on the analysis of the results, continuous improvement will result in the future from the analysis of the AY 2016-2017 and AY 2017-2018 results. In AY 2018-2019, program improvements will include course curriculum being better aligned with state and national physical education teacher education standards. The current analysis shows student improvement increases through the practical physical application of means and methods of physical education techniques.

Comprehensive Summary of Key Evidence of Improvements Based on the Analysis of Results:

- HPE K-12 candidates reaching the upper levels of the curriculum are successful on the Praxis II Health and Physical Education: Content Knowledge (#5857) exam; therefore, becoming effective teachers.
- Courses aligned to the current national standards for Initial Physical Education Teacher Education (2017).
- Assessments in these courses aligned specifically for measuring the SLOs.
- Adding study sessions and labs continue to increase candidate success for meeting SLOs.

Plan of Action Moving Forward:

- Based on the analysis of the results, program improvements will be made for the next cycle.
- Assessments in the courses used for evidence will have an instrument designed

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specifically to measure the SLOs.

- Mid-term and final grades will not be used as measurement for the candidates' evidence.
- Courses will be aligned to the current national standards for Initial Physical Education Teacher Education (2017).
- Study sessions and labs will be added to increase candidates' success.