



Final Annual Report

Tennessee Tech University

President

Provost

College of Education

Exercise Science, Physical Education and Wellness

Exercise Science, Physical Education and Wellness MS



Definition of Unit

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Mission/Vision/Goal Statement

Research is the foundation of the belief of faculty and staff in the Department of Exercise Science, Physical Education and Wellness that all people benefit from physical activity, and that proper, skilled movement at various levels plays an important role in personal and societal wellness. Thus, the mission of the department, in accordance with the TTU Flight Plan, is to promote enhanced quality of life (wellness) through excellence in teaching, research and service related to the fields of Exercise Science, Physical Education and Wellness. All programs of study are based on educational standards and reflect the mission of the College of Education - "to provide unique and rigorous, learner-centered academic experiences for our students to achieve their highest potential as life-long learners, professionals, and citizens". The new conceptual framework for the College "Effective, Engaged Professionals; Clinical Rich, Evidence-based Programs; and Network of Mutually Beneficial Partnerships" is also key and evident in the Departmental Mission, Vision and Goals. Both undergraduate and graduate students will be provided with quality experiences related to advising, mentoring, teaching, learning, professional preparation and more. Special attention will be given to incoming students - freshmen and transfers to insure student success leading to timely graduation.

To accomplish this mission, the department offers:

1. A basic physical activity and sport program open to all TTU students (PHED - physical activity courses) taught by qualified graduate teaching assistants or credentialed community partners;
2. Undergraduate degree programs in Sport Administration, Fitness and Wellness, Physical Education - K-12 licensure, Pre-Occupational Therapy, Pre-Physical



Therapy, and Recreation and Leisure that are taught by full or part time qualified instructors and/or professors;

3. Graduate degree programs in Adapted Physical Education, Elementary and Middle School Physical Education, Fitness and Lifetime Wellness, and Sport Management that are taught by full or part-time professors who have credentials of advanced degree preparation within the field of study;

4. A post baccalaureate degree program designed for candidates to obtain a k-12 Tennessee teaching license in physical education while earning a Master of Arts degree in Exercise Science with concentration in Elementary/Middle School Physical Education;

5. Minor concentrations in Exercise Science and Coaching;

6. On-line class choices in many undergraduate and graduate level classes;

7. Quality advisement from caring and qualified professional advisors promoting student success and program completion.

We believe students will have quality professional/career opportunities in their chosen field upon graduation due to the excellent, quality faculty, their dedication to instruction and their overall investments in student success. Exercise Science, Physical Education and Wellness graduates continue to have high placement rates in gainful professional employment as teachers, corporate wellness directors/personnel, strength coaches, personal trainers, health coaches, and recreation programmers. Likewise, students who complete one of the offered concentrations and who are pursuing an advanced degree program continue to have excellent placement results in masters and doctoral programs across Tennessee and in the southeast region. Exercise Science graduates are successful in getting into professional programs for physical therapy, occupational therapy and physician assistants due to their excellent preparation at the undergraduate level.

As a dedicated faculty, we are continually seeking more ways and better ways to serve our students as well as provide additional educational opportunities for new students.

 **Goal 1 & Outcome**

Define Goal

Provide quality programs and classes relevant to the Exercise Science professional in



the on-line learning format.

Intended Outcomes / Objectives

The Exercise Science graduate student will gain core knowledge as well as concentration specific knowledge related to theory and application that is intended to be beneficial to individual career objectives.

Goal 2 & Outcome

Define Goal

The department will offer a Master of Arts degree in areas of concentration: Adapted Physical Education, Elementary/Middle School Physical Education, Fitness & Lifetime Wellness and Sport Management. Courses will be taught by credentialed and qualified professors who are attentive to student needs, but also have high expectations for learning and present a rigorous learning environment in the on-line format.

Intended Outcomes / Objectives

1. The distance learners in the Exercise Science Master's program will study core content (Seminar in Exercise Science, Assessment, Applied Motor Learning/Motor Development), research (Research Methods and Research Project) and concentration specific curricula - depending on their declared program of study. 2. The most qualified professors will teach the classes and offer support to students during the program. 3. Classes will provide a rigorous learning environment geared for student learning and success.

Goal 3 & Outcome

Define Goal

Offer a quality preparation program for post-bac students to pursue a k-12 physical education teaching license. This program consists of the Elementary/Middle School master's Program of Study plus an additional 20 hours of pedagogical content and student teaching.

Intended Outcomes / Objectives



Candidates will complete requirements for a master's degree in Exercise Science with concentration in Elementary/Middle School PE as well as the licensing requirements which is an additional 20 graduate hours as approved by College of Education and Office of Teacher Education. Completion of the 50 hour program and required exams will lead to an advanced degree and recommendation for teacher licensing.

Assessment Tool 1

Goal/ Outcome/ Objective: Goal 1. Provide quality programs in distance learning format

Type of Tool: Survey

Rationale

Graduate candidates who are nearing the end of their program participate in comprehensive exams that test their understanding of academic material. In addition, those candidates complete a survey related to their experiences as a graduate student in the Exercise Science on-line master's program. Information obtained from these students is used to make adjustments and improvements in the overall program.

End of Program Survey

Exercise Science Distance Master's Degree Program – End of Program Survey

As a part of improving our program, we have been asked by the College of Education to conduct end of program surveys of students who are completing the graduate program. Your honesty on the following is vital to the life of this on-line master's program, so please give a thoughtful answer to each question.

1. What influenced your decision to get your graduate degree at TTU most?
2. Did you participate in the orientation before starting your program?
3. What is your opinion of the on-line program, in general?
4. What thing(s) were most helpful to you in your studies?
5. What thing(s) caused the most amount of confusion or trouble for you?
6. Did you find departmental advisors to be helpful? Why or why not?
7. Do you feel that your questions were answered by TTU faculty or staff in a timely manner? Why or why not?
8. Reflect upon your registration experiences.
9. Were your experiences with the graduate studies office mostly positive or



- negative?Why?
10. Describe courses that were most beneficial and tell why.
 11. Describe courses that were least beneficial and tell why.
 12. In considering your professors/instructors throughout the program, identify strengths and weaknesses that you remember.Be specific.
 13. Do you feel like received a quality graduate education in the on-line program?
 14. What recommendations will you make that can help improve the program for future students?
 15. What are you plans now that you are finishing the graduate program?
 16. How will completion of the program serve you and your future plans?

Frequency of Assessment: End of program per student

Assessment Tool 2

Goal/ Outcome/ Objective: Goal 2. Degree programs in Elementary/Middle PE, Lifetime WEllness, Adapted PE and Sport Management

Type of Tool: Exit Exam

Rationale

Candidates must satisfy requirements in each of the courses offered in each program - including a final exam or paper according to the specifications of the instructor. All programs require completion of 30 hours or 10 classes except the Sport Management concentration which required 33 hours for completion. In line with university policy, grades must be held to a standard of 3.0 or better overall in course work. In addition, candidates who are completing study in one of the 4 offered concentrations will be required to complete and satisfactorily pass comprehensive exams directly related to their own program of study. Completion of the program and the exam will result in degrees being awarded.

Frequency of Assessment: End of Program

Assessment Tool 3

Goal/ Outcome/ Objective: Masters and Teacher License

Type of Tool: Certification Exam

Rationale

Candidates who participate in the Master's plus 20 program are working toward an advanced degree AND credentials to teach physical education. Once the candidate has completed the necessary courses, he/she can sit for the Praxis II exam (5095) Physical Education Content and Design and must make a set score in order to be granted a teaching license in the state of Tennessee. Satisfactory scores on the Praxis II exam are established by State of Tennessee. Minimum score of 164 on the content and design test is required to obtain a teaching license. In addition, post-bac



candidates, in their 9 hour credit, one semester student teaching experience must satisfactorily complete the EdTPA assessment module with a passing score on the portfolio in order to be recommended for license.

Frequency of Assessment: End of Program



Results Goal 1

Goal/Objective/Outcome Number: Goal 1 - Offer Distance Master's

Results

The Department of Exercise Science offers a Master of Arts Degree in the on-line format. The 4 diverse concentrations (Adapted Physical Education, Elementary/Middle Physical Education, Fitness & Lifetime Wellness and Sport Management) and the on-line format make the program appealing to many advanced learners. The increase from Fall 14 to Fall 15 is likely due to the new Sport Management program. The decline in number of students enrolled in Fall 16 compared to Fall 15 could be due to the increase in degrees conferred (see table 2 below) and could be directly linked to teachers in Tennessee not pursuing a Master's Degree due to the State discontinuing pay increases for advanced degrees.

Table 1. Exercise Science Graduate Enrollment

EXPW Graduate Enrollment	2010	2011	2012	2013	2014	2015	2016	2017
Fall	55	45	47	48	51	61	49	
Spring		50	46	47	48	62	59	53

Table 2. Exercise Science Degrees Conferred

EXPW Degrees Conferred	2012-2013	2013-2014	2014-2015	2015-2016	2016-2017
	23	18	13	24	28

The positive change in number of degrees conferred in the past 3 years is 55.6% and positive increase of 16.7% from the '15-'16 to '16-'17 academic year.



Attachments

No items to display.



Results Goal 2

Goal/Objective/Outcome Number: Goal 2 - Offer multiple concentrations

Results

The on-line graduate program offered by the Exercise Science department provides opportunities for students to concentrate in Adapted Physical Education, Elementary & Middle School Physical Education, Fitness & Lifetime Wellness and Sport Management. Quality instruction is provided by qualified professors who have educational and professional expertise. Table 1 below identifies enrollment in the various concentrations in the graduate program.

Table 1. Students by Concentration

Exercise Science, Phys Educ, & Wellness (MA)							
FALL	2010	2011	2012	2013	2014	2015	2016
Totals*	55	45	49	48	51	61	49
Adapted Physical Education				5	5	1	1
Elementary Middle Phys Ed				16	12	17	14
Lifetime Wellness				10	13	16	19
Sport Management				13	21	27	15

*Breakdown by concentration was not tracked before 2013.



The decline in students concentrating in Adapted Physical Education is likely due to the state no longer offering pay bump for advanced degrees as well as the lack of need for Adapted Physical Education specialists in Tennessee at this time. Recruiting efforts must be stepped up to get students enrolled in all programs but specifically to bring numbers back up in the Sport Management graduate program.

Attachments

No items to display.

**Results Goal 3**

Goal/Objective/Outcome Number: Goal 3 - Master's Degree + 20 hour licensure program

Results

Post bac students who hope to obtain a Tennessee teaching license to teach K-12 physical education enroll in the EMPE Master's Program and take an additional 20 hours of pedagogy/teaching content that is outlined in a contract with the Office of Teacher Education. The courses that are required prepares these candidates to take the Praxis II exam, successfully complete the EdTPA assessment and get licensed to teach. Students who are serious about becoming a teacher work extra hard in the on-line format to complete required courses and stay on track for timely completion. Courses are offered as needed to meet the time requirements of the students. The first two program completers graduated in May 2017 and both have been hired to teach physical education.

Attachments

No items to display.