**Marquette University**  
**Learning Assessment Plan**

**Program: Exercise Science**  
**Degree:** Bachelor of Science  
**Date Submitted:** April 18, 2006; Updated 2013

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| 1. Apply critical thinking and evidence-based decision making in planning safe and effective exercise programming for any population as outlined in coursework and by the American College of Sports Medicine and National Strength and Conditioning Association, and as evidenced in site supervisor assessment in applied/clinical settings. | 1. Student can comprehensively program both cardiovascular and resistance training for a variety of populations using the 5 components of fitness method, periodization, and effective overload.  
2. Student will recognize physical and psychological risk factors and incorporate proper safety measures into programming  
3. Programming will be based on a needs assessment performed by student and will ultimately work to meet those needs | EXPH 4986 practicum evaluation forms as created by EXSC Program (see attached). Data is collected during terms of enrollment in EXPH 4986 for each student involved for both mid-term and full semester performance. Data is collected by practicum coordinator in EXPH and turned over to program coordinator to be aggregated for faculty use. | Data compiled by Program Coordinator and analyzed by all faculty at Year-end faculty assessment meeting, end May. Performance evaluated and criteria for program improvement established. |
| 2. Demonstrate professional competence in practice including effective communication, community engagement, conflict resolution, leadership, and decision making as laid out in coursework and as assessed by site supervisor in applied/clinical settings. | 1. Student can effectively communicate with both clients and co-workers to create an effective and productive exercise environment  
2. Student dresses and acts in accordance with professional standards as set by clinical/practicum site | EXPH 4986 practicum evaluation forms “interpersonal skills” section as created by EXSC Program (see attached). Data is collected during terms of enrollment in EXPH 4986 for each student involved for both mid-term and full semester performance. Data is collected by practicum coordinator in EXPH and turned over to program coordinator to be aggregated for faculty use. | Data compiled by Program Coordinator and analyzed by all faculty at Year-end faculty assessment meeting, end May. Performance evaluated and criteria for program improvement established. |
| 3. Able to assess any patient/client fitness level using the five components of fitness as defined in coursework (muscular strength, muscular endurance, aerobic capacity, flexibility, and body composition). | 1. Student takes a complete health history (using forms standard at each site) and is able to administer a test for each of the following fitness components that is client appropriate:  
a. muscular strength  
b. muscular endurance  
c. aerobic capacity  
d. flexibility  
e. body composition | EXPH 4986 practicum evaluation forms “interpersonal skills” section as created by EXSC Program (see attached). Data is collected during terms of enrollment in EXPH 4986 for each student involved for both mid-term and full semester performance. Data is collected by practicum coordinator in EXPH and turned over to program coordinator to be aggregated for faculty use. | Coordinator and analyzed by all faculty at Year-end faculty assessment meeting, end May. Performance evaluated and criteria for program improvement established. |