

# KINESIOLOGY ASSESSMENT OF CURRICULAR EFFECTIVENESS

OR

## (HOW WELL ARE WE HELPING OUR STUDENTS GROW THROUGH CURRICULUM)

### Program Goals:

- Students will critically analyze their own personal development as an undergraduate in the Kinesiology major. (Critical-Interdisciplinary Standard)
- Students will develop transferable skills that will help them become effective participants in their communities. (Active Societal and Intellectual Engagement Standard)

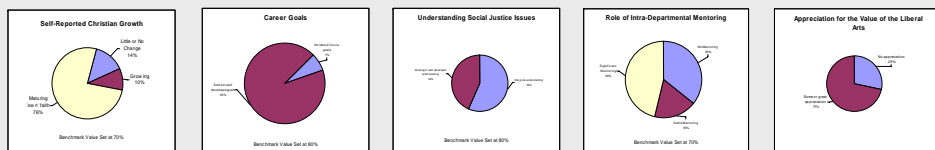
### Assessment Strategy #1

Our students will participate in a pre/post self-reflection of their four-year experience in the Kinesiology major.

- Step 1: As part of their Foundations class, students submitted a mission statement that focused on personal goals to be accomplished during their time as a Kinesiology major at Westmont. Included were spiritual, social, intellectual, and career-related goals
- Step 2: As seniors, students were given copies of their mission statements and were asked to reflect on how well they have accomplished the previously stated goals.
- Step 3: Students wrote a culminating senior paper designed to reflect on personal growth, new insights, and accomplishments as well as to look forward. These papers were evaluated using a rubric developed specifically for this purpose.

### Results

Seven senior papers were read and quantitatively evaluated by three department members and one outside evaluator. The following five charts display the results from the evaluations.



### Interpretation of Results

- Students seem to benefit from consistent self-reflection.
- The Kinesiology Department is pleased and gratified that the students surpassed the benchmark values for spiritual growth and career goals.
- However, our students are not demonstrating a commitment to or understanding of social justice issues. While some students experienced meaningful mentoring, we fell well short of the established benchmark.

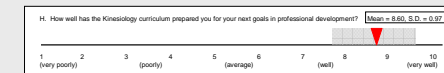
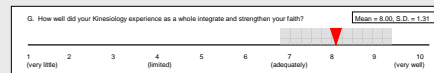
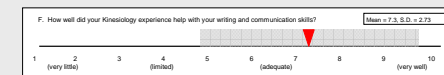
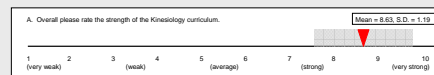
### Assessment Strategy #2

To measure the effectiveness of the Kinesiology curriculum through senior exit interviews.

- Step 1: Departmental members developed a senior exit interview questionnaire which consisted of nine questions pertaining to our students' experiences as Kinesiology majors.
- Step 2: Ten graduating seniors first completed a written curricular evaluation which was followed up with a personal one-on-one interview with a department member.

### Results

Statistical means and standard deviations were computed for all responses to each of the nine questions. Four of the responses are shown below.



### Interpretation of Results

- As this was the first class to experience our new curriculum, it was gratifying to see that students highly valued their coursework.
- There is a lack of understanding as to what advising means to students. Our faculty need to better define what advising means and what a student can expect from advising.
- While our curriculum did not appear to be an obvious strength with respect to faith integration, the living examples demonstrated through our professors certainly did.
- Our students believe they are well prepared to pursue their professional goals. This is encouraging because of the broad range of opportunities available within our discipline.

### Next Steps

1. The 2007 Europe Mayterm will target social justice issues through experiences in Eastern Europe. In addition, courses such as Special Populations and Nutrition will focus on increasing student awareness of societal inequities.
2. Refine our measuring tools to better quantify subjective data.
3. An additional benefit discovered through both assessment strategies was a realized need for better departmental mentoring. As a result, we have set aside time in each departmental meeting this academic year to work on mentoring strategies.

