**Program Name and Type** Physical Education and Health, Exercise Science Concentration - Undergraduate

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**Administrative Unit director** (deans, vice presidents, etc.) receiving assessment updates: Dr. Frances Welch, Dean – School of Education, Health, and Human Performance; Dr. Sara Davis, Associate Dean for Accountability, Assessment, and Operations and NCATE Coordinator

**Program/Department Mission Statement:** The primary mission of the Department of Health and Human Performance at the College of Charleston is the academic preparation of students interested in exercise science, health promotion, physical education, and athletic training. Additionally, we provide opportunities for participation in activity courses for majors and the general student body. The physical education and athletic training major programs are based upon kinesiological concepts in the core curriculum and specialized professional concepts in the concentrations for physical education (exercise science, health promotion, and teacher education) and in athletic training. Educational and research experiences in the classroom and laboratory may be combined with clinical experiences, internships, and practica. The Department strongly supports the liberal arts and sciences education of its majors through the College’s general education requirements as well as through a cognate area of study.

**Unit or School Mission:** The mission of the School of Education, Health, and Human Performance is the development of educators and health professionals to lead a diverse community of learners toward an understanding of and active participation in a highly complex world.

### Assessment Plan (first two columns) | Assessment Report (all four columns)
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**Program Goal or Student Learning Outcome**  
What will students know and be able to do when they complete the program? Attach Curriculum Map.  
**Assessment Method and Performance Expected**  
How will the outcome be measured? Who will be assessed, when, and how often? How well should students be able to do on the assessment? Attach Rubric.

1. **Upon completion of the exercise science program the student will identify, assess, and analyze the components of health-related fitness.**  
HHP Exercise Science students in PEHD 210 will score 75% or higher on Lab Report #1 based on the assignment grade. Further, HHP Exercise Science students in PEHD 340 Lab will achieve 70% or above on their final grade.

2. **Upon completion of the exercise science program the student will demonstrate knowledge of the physiological, biomechanical, and behavioral responses to exercise.**  
HHP Exercise Science students in PEHD 340 will score 70% or higher on their final grade. Further, HHP Exercise Science students in PEHD 440 will score a 70% or above on their Group Presentation determined by their assignment grade.
### Additional Outcomes or Comments:

| 3. Upon completion of the program the student will assess and describe the effects of nutrition on health and performance. | HHP Exercise Science students in HEAL 333 will score 70% or higher on their final grade. Further, HHP Exercise Science students in HEAL 333 will score a 70% or above on their Nutritional Analysis Project determined by their assignment grade. |