

**Exercise Science and Sports Studies
2010-2011 Program Review
Action Plan**

Action Item	AY Most Recently Reviewed	Outcome of Most Recent Review
Action Item 1 : Remove the athletic department responsibilities from ESSS Department Chair's faculty contract.	11-12	The faculty member serving as the ESSS Department Chair was moved to full-time academic contract (6/6 th), removing the athletic department responsibilities from the contract.
Action Item 2: Administrative contracts should no longer carry academic appointments in the ESSS Department.	15-16	Progress in 2015-16: This issue was resolved at the end of the 2015-16 academic year. In the fall of 2016, no administrative contracts will carry academic appointments.
Action Item 3: Transition the full-time term-faculty contract to a tenure-track ESSS faculty position.	11-12	The full-time term-faculty contract was transitioned to a tenure-track ESSS faculty position in 2012-13.
Action Item 4: All ESSS faculty and course instructors will have an appropriate terminal degree.	15-16	Progress in 2015-16: This issue was resolved at the end of the 2015-16 academic year. Beginning in the fall of 2016, all academic appointments in ESSS will have an appropriate terminal degree.
Action Item 5: Effectively mentor junior faculty members.	15-16	In 2015-16, the one ESSS tenure-track faculty member successfully completed tenure review and was promoted to Associate Professor.
Action Item 6: Consolidate the Sports Medicine and Coaching Certificate programs through a curricular revision	11-12	The CSB/SJU Curriculum Committee approved the revision of the Sports Medicine minor and a concurrent name change to Exercise Science and Sport Studies in May of 2012. The curricular revision created one, unified curriculum within the department, which will reduce the administrative workload and make more efficient use of existing resources. While the Coaching Certificate program was discontinued, the revised curriculum still provides students the opportunity to meet the requirements to be a head varsity athletic coach in the state of Minnesota.

<p>Action Item 7: Develop and implement an assessment plan for the revised curriculum that is consistent with best practices in curricular assessment.</p>	<p>15-16</p>	<p>Ongoing Progress in 2015-16: The ESSS department faculty met in June of 2015. Plans were finalized for assessing Goal #4 (Ethical Thinking) which included initial work on an assessment rubric. Goal #4 was assessed in May of 2016, and data was analyzed and interpreted.</p> <p>Ongoing Progress in 2015-16: In 2015-16, the department will assess the Academic Preparedness learning goal. In May of 2016, the ESSS department faculty met and further developed plans to assess the Academic Preparedness learning goal. We will continue to work toward finalizing the assessment plans over the summer and into fall semester.</p> <p>Ongoing Progress in 2015-16: Feedback from the APSAC regarding the ESSS Department's Annual Report was positive, providing evidence that the ESSS Department is using best practices in curricular assessment.</p>
<p>Action Item 8: The department will identify ways to more efficiently use existing resources.</p>	<p>15-16</p>	<p>Ongoing Progress in 2015-16: The ESSS Department continued to assign faculty advisors to students based on the students' career/graduate school interests, which has allowed advising loads to become more equally distributed. The department continued to use online advising meeting request forms. These forms helped faculty to make more efficient use of time dedicated to advising.</p> <p>Ongoing Progress in 2015-16: The ESSS Department continued to hold a one-day faculty assessment workshop to evaluate student work. Not only did the workshop allow for a more efficient use of time, it helped to create a shared ownership of the assessment process.</p>

<p>Action Item 9: Continue to monitor course enrollments, advising demands, and student involvement in undergraduate research and, if an additional faculty position is justified, work through existing channels to request a new faculty line.</p>	<p>15-16</p>	<p>Ongoing Progress in 2015-16: With the approval of the Natural Science curriculum revision (which will now be called Integrative Science), the demand for ESSS 273 Health and Fitness, ESSS 306 Kinesiology, ESSS 308 Exercise Physiology, ESSS 316 Research Methods, ESSS 395 Research Seminar I, and ESSS 396 Research Seminar II will likely increase. Additionally, the number of students seeking opportunities to engage in undergraduate research may increase significantly. In anticipation of the enrollment increases, the ESSS Department internally reallocated resources to offer an addition section of ESSS 273 Health and Fitness and two additional sections of ESSS 273 Health and Fitness Lab in the fall of 2016. We will continue to monitor enrollments in these courses and make changes to course offerings as necessary. 2015-2016 Academic Year Report</p>
<p>Action Item 10: Continue to monitor the need for enhanced laboratory and classroom space.</p>	<p>15-16</p>	<p>Ongoing Progress in 2015-16: In 2015-16, the pedagogical and safety issues associated with the Murray 001 and 002 classrooms, which were described in the 2013-14 ESSS department report, were not discussed with academic administration. The addition of a second projector and white boards on multiple walls were discussed as possible solutions to the pedagogical issues. No solutions to the safety issues were identified. Ongoing progress in 2015-16: Using funds obtained through an internal capital acquisition grant, the ESSS Department purchased a new Polar Team II heart rate monitoring system. The old system malfunctioned and could no longer be serviced because the manufacturer discontinued the model. However, the department's request for a grant to purchase a new harness system for the treadmill was denied.</p>
<p>Action Item 11: Work with academic administration to secure startup funds for Dr. Mary Stenson to purchase equipment necessary for her research track.</p>	<p>15-16</p>	<p>Ongoing progress in 2015-16: Dr. Mary Stenson used her remaining start-up funds to purchase a Biopac Student Lab Basic System along with surface thermistors to measure body temperature. Of note, the Biopac Student Lab Basic System can be used for electromyography, which can also be used by students in labs and undergraduate research.</p>

<p>Action Item 12: Work with Academic Affairs to develop a five-year capital acquisition plan for the department.</p>	<p>15-16</p>	<p>Ongoing Progress in 2015-16: Thanks to an internal capital grant, the ESSS Department purchased a new Polar Team II heart rate monitoring system. In the fall of 2015, the ESSS department submitted a five-year capital acquisition plan and requested a \$30,023 capital grant to purchase a COSMED T170DE treadmill with safety arch and harness, and requesting an \$8,165 grant to purchase the COSMED Quark T-12x Wireless Stress Test Electrocardiograph (ECG) unit. The request for the COSMED Quark T-12x Wireless Stress Test Electrocardiograph (ECG) unit was awarded, but the request for the funds to purchase the treadmill and harness system was denied.</p>
<p>Action Item 13: Work with Academic Affairs to adequately fund the day-to-day operations of the exercise lab.</p>	<p>15-16</p>	<p>Ongoing Progress in 2015-16: Because of the ongoing institutional budget concerns, the ESSS department has continued the practice of shifting money from other budget lines to cover the costs associated with exercise lab.</p>