

Program Review Summary Template
3.7 Academic Program Review

Description of the program's connection to the institutional mission and goals:

As a public, open admissions, associate degree granting institution, Rose State College provides higher education preparation for life-long learning through programs and services designed to benefit a diverse community. As a part of the whole, the Health and Sports Sciences discipline strives to support the college mission through various options and/or academic certificate programs. The Health and Sport Sciences program strives to provide a curriculum that will challenge and prepare students with the necessary academic knowledge and skills for entry into the job market or to transfer to a four-year institution.

3.7.5 Process (Internal/External Review):

Previous Reviews and Actions from those reviews:

Analysis and Assessment (including quantitative and qualitative measures) noting key findings from internal or external reviews and including developments since the last review:

From an external review perspective, the Rose State College Health and Sport Sciences program has analyzed and assessed curriculum with transfer universities across the state. Since the last program review, the Rose State College Health and Sport Sciences program has articulated seven transfer agreements with the University of Central Oklahoma (effective beginning in the Fall 2014 semester) and Oklahoma City University (effective in the Fall 2016 semester). Below is the list of transfer agreements. Extensive phone, email, and face-to-face meetings were held with faculty from the University of Central Oklahoma and Oklahoma City University in preparation for transfer agreements. Other universities considering transfer agreements with Rose State College's Health and Sport Sciences program include Langston University and Oklahoma University.

1. Rose State College Associate of Sciences Exercise Fitness Management - Oklahoma City University Bachelors of Science Exercise Science.
2. Rose State College Associate of Sciences Personal Training - Oklahoma City University Bachelors of Science Exercise Science.
3. Rose State College Associate of Sciences Health, Physical Education, and Recreation - Oklahoma City University Bachelors of Science Exercise Science.
4. Rose State College Associate of Sciences Personal Training - Oklahoma City University Bachelors of Science Human Performance.
5. Rose State College Associate of Sciences Exercise Fitness Management - University of Central Oklahoma Bachelors of Science Kinesiology – Exercise/Fitness Management
6. Rose State College Associate of Sciences Personal Training -University of Central Oklahoma Bachelors of Science Kinesiology – Exercise/Fitness Management
7. Rose State College Associate of Sciences Health, Physical Education, and Recreation -University of Central Oklahoma Bachelors of Science Education-Physical Education

From an internal review perspective, the Health and Sport Sciences faculty continually review course substitutions for First Aid, physical activity courses from military duty, and other program requirement courses by reviewing the course syllabi and transfer matrix each semester. Full-time

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faculty conduct monthly meetings with adjunct faculty to address concerns of curriculum, textbook reviews, student conduct, and Division requirements.

Additionally each semester, Health and Sport Sciences full-time faculty member Liz Brown receives 2 credit hours of release time to assist the Associate Dean of the Social Sciences Division with the management and supervision of Health and Sport Sciences adjunct faculty. Each semester, quantitative and qualitative reports are generated to assess release time. This is an ongoing process to ensure quality instruction from adjunct faculty. A list of activities for release time is follows:

1. Assist the Associate Dean in the administration, supervision, development, and evaluation of the HPER activity credit classes.
2. Foster professional standards among HPER adjunct faculty.
3. Monitor HPER adjunct faculty to insure safe and effective workouts.
4. Conduct HPER adjunct faculty orientation the week before semester begins.
5. Market HPER activity credit classes to campus academic advisors.
6. Maintain current records of HPER adjunct faculty certifications.
7. Coordinate class schedules, room availability and budget requests between the Social Sciences Division, the Wellness Center, and the Community Learning Center.
8. Manage HPER adjunct faculty absenteeism, tardiness, and class substitutions.

A. Centrality of the Program to the Institution's Mission:

The Health and Sport Sciences program is central to the institutional mission through its preparation of traditional and non-traditional students for careers in personal training, exercise fitness management, health, physical education and coaching. The program provides courses to fulfill general education requirements by educating students about physical activity, physical fitness, and healthy lifestyles while also preparing these students to transfer to four-year colleges and universities.

B. Vitality of the Program:

B.1. Program Objectives and Goals:

The goal of the Health and Sports Sciences (HSS) degree program is to prepare students in one of three options: Exercise Fitness Management; Personal Training; or Health, Physical Education, and Recreation. The program helps strengthen the college mission by providing a number of programs and services designed to serve the needs of a diverse community. The Health and Sports Sciences program strives to provide an environment where students, faculty, staff and the community at large can all operate according to clear core values that guide institutional philosophy.

Upon completion of the program, students will be able to:

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1. Organize, direct, and manage physical fitness programs that would be appropriate for business and industrial settings, health clubs, and hospital-based fitness/wellness and cardiac rehabilitation programs;
2. Differentiate the type/level of difficulty of exercises that are appropriate for a variety of skill-related abilities;
3. Prescribe specific movements and correct workout techniques to meet a variety of skill level and health needs;
4. Evaluate and analyze weight management and nutritional programs;
5. Assess an individual's nutritional status and devise an appropriate sport nutrition education plan;
6. Discuss the benefits of physical activity and its contributions to a healthful lifestyle;
7. Examine safe, ethical, and legal practices related to a variety of career-related settings (e.g. cardiac rehabilitation, sports conditioning, corporate wellness, fitness and recreational centers); and,
8. Perform a wide variety of physical skills and activities including both skill-related and health-related fitness components.

Exercise Fitness Management:

The goal of the Health and Sports Sciences Associate in Science degree and certificate program is to provide students with the necessary foundation to transfer to a related baccalaureate degree program at a college or university. The Exercise/Fitness Management Option prepares students to develop and conduct exercise programs at health clubs and fitness centers. Students learn about the science of fitness and acquire knowledge of business practices. Courses emphasize fitness programming, management principles, youth fitness, and sport nutrition. Students entering this field of study should be seeking a career in Health and Sports Sciences in a variety of environments such as corporate wellness, health/fitness clubs, education programs, and personal trainers.

Health, Physical Education, and Recreation Option:

The goal of the Health and Sports Sciences Associate in Science degree and certificate program, with emphases in Health, Physical Education, and Recreation, is to prepare students to transfer to a college or university baccalaureate program in a related field. The Health, Physical Education, and Recreation Certificate is designed for fitness professionals teaching any form of recreational activities, sports, and exercise in a group setting to youth from kindergarten-12th grade. Students learn how to use exercise, games, and sports to build a solid, age-appropriate program for each grade level. Additionally, students gain experience within a classroom, where they teach and assist under a licensed Physical Education teacher. This program will also help prepare students for employment in a variety of areas, including the YMCA, colleges and universities, recreational sports, aquatics, military programs, and more.

Personal Training Option

The goal of the Health and Sports Sciences Associate in Science degree and certificate program, Personal Training Option, is to prepare students to do 1-on-1 fitness programming. The Rose State College Personal Training degree is designed to prepare students to take the National Strength and Conditioning Association Certified Personal Training exam and/or to transfer to a four-year institution to complete a baccalaureate degree.

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B.2 Quality Indicators (including Higher Learning Commission issues):

A quality indicator of the Rose State College Health and Sport Sciences program is the success of graduates working in the profession. At Rose State College, ten out of our twenty HPER adjunct professors are graduates of our own Health and Sport Sciences program. Courses taught by graduates are HPER 1331 Aquatic Fitness, HPER 1391 Resistance Training, HPER 1102 First Aid, HPER 1501 Bootcamp, HPER 1451 Yoga, HPER 1301 Cardio/Yoga/Strength, and HPER 2633 Principles of Personal Training.

Our program degree and academic certificate students are assessed by completing a standardized fitness certification exam, HPER 2701-3 Health and Sport Sciences Practicum, or HPER 2633 Principles of Personal Training course with a grade of “C” or better. The table below lists passing rates of the courses used as assessment of quality indicators.

Year/Class	NOPASS	PASS	Grand Total	Percentage of students that passed
2013	4	38	42	90.4%
2633	4	17	21	80.9%
2701		7	7	100%
2702		7	7	100%
2703		7	7	100%
2014	7	35	42	83.3%
2633	5	26	31	83.8%
2701	1	2	3	66.6%
2702	1	7	8	87.5%
2015	5	26	31	83.8%
2633	5	17	22	77.2%
2702		6	6	100%
2703		3	3	100%
2016	4	32	36	88.8%
2633	4	24	28	85.7%
2701		1	1	100%
2702		6	6	100%
2703		1	1	100%
2017	3	42	45	93.9%
2633	3	22	25	88%
2701		2	2	100%
2702		16	16	100%
2703		2	2	100%
Grand Total	23	173	196	88.2%

*pass = A, B, C

* no pass includes “W” grades

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B.3. Minimum Productivity Indicators:

	#Majors in Fall					5-year Average	%Δ2016
	2013	2014	2015	2016	2017		
Health & Sports Sci./0104							
Exercise/Fitness (401)	17	15	10	13	10		
Personal Tr. (403)	32	20	28	36	34		
Health/PE/Rec. (404)	17	15	15	14	16		
*Und/Unc/NDS	17	16	32	47	54		
Total	83	66	85	110	114	91.6	3.6%

	#Graduates in Academic Year					5-year Average	%Δ2016
	2013	2014	2015	2016	2017		
Health & Sports Sci./0104							
Exercise/Fitness (401)		9	6	5	2	5	
Personal Tr. (403)		3	3	4	1	6	
Health/PE/Rec. (404)		3	2	1	1	2	
*Und/Unc/NDS		0	0	0	0	0	
Total		15	11	10	4	13	225.0%

	#Certificates in Academic Year					5-year average	%Δ2016
	2013	2014	2015	2016	2017		
Health & Sports Sci./0104							
Exercise/Fitness Certificates				4	11		
Personal Tr. Certificates				2	12		
Health/PE/Rec. Certificates				1	7		
Total				7	30	7.4	328.5%

B.4. Other Quantitative Measures:

a. Number of courses taught exclusively for the major program for each of the last five years and the size of classes:

Number of program classes taught exclusively for the major program for past five years

Year/ Class	# Enroll	Year/ Class	# Enroll	Year/ Class	# Enroll	Year/ Class	# Enroll	Year/ Class	# Enroll	Year/ Class	# Enroll
2012	175	2013	191	2014	177	2015	184	2016	197	2017	254
HPER 1213	45	HPER 1213	46	HPER 1213	42	HPER 1213	38	HPER 1213	40	HPER 1213	67
HPER 1222	45	HPER 1222	46	HPER 1222	35	HPER 1222	29	HPER 1222	28	HPER 1222	28

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HPER 2612	15	HPER 2612	22	HPER 2333	16	HPER 2333	39	HPER 2333	38	HPER 2333	38
HPER 2622	15	HPER 2622	17	HPER 2612	15	HPER 2612	16	HPER 2612	23	HPER 2612	24
HPER 2633	22	HPER 2633	21	HPER 2623	13	HPER 2623	19	HPER 2623	16	HPER 2623	30
HPER 2642	9	HPER 2642	18	HPER 2633	31	HPER 2633	22	HPER 2633	28	HPER 2633	25
HPER 2701	8	HPER 2701	7	HPER 2643	14	HPER 2643	12	HPER 2643	16	HPER 2643	22
HPER 2702	12	HPER 2702	7	HPER 2701	3	HPER 2702	6	HPER 2701	1	HPER 2701	2
HPER 2703	4	HPER 2703	7	HPER 2702	8	HPER 2703	3	HPER 2702	6	HPER 2702	16
				HPER 2703	0			HPER 2703	1	HPER 2703	2

Number of program classes not taught exclusively for the major program for past five years

Year/ Class	# Enroll	Year/ Class	# Enroll	Year/ Class	# Enroll	Year/ Class	# Enroll	Year/ Class	# Enroll	Year/ Class	# Enroll
2012	3827	2013	3394	2014	2529	2015	2387	2016	1932	2017	1748
HPER 1102	885	HPER 1102	885	HPER 1102	707	HPER 1102	686	HPER 1102	594	HPER 1102	589
HPER 1112	23	HPER 1112	23	HPER 1113	34	HPER 1113	45	HPER 1113	47	HPER 1113	55
HPER 1202	511	HPER 1202	511	HPER 1202	362	HPER 1202	378	HPER 1202	326	HPER 1202	300
HPER 1301	513	HPER 1301	261	HPER 1301	176	HPER 1301	136	HPER 1301	66	HPER 1301	52
HPER 1311	22	HPER 1311	17	HPER 1311	13	HPER 1311	12	HPER 1311	8	HPER 1311	13
HPER 1321	13	HPER 1321	13	HPER 1321	2	HPER 1321	7	HPER 1321	8	HPER 1321	9
HPER 1331	60	HPER 1331	52	HPER 1331	23	HPER 1331	37	HPER 1331	22	HPER 1331	15
HPER 1351	11	HPER 1351	11	HPER 1391	160	HPER 1391	116	HPER 1391	94	HPER 1391	64
HPER 1361	34	HPER 1361	14	HPER 1401	18	HPER 1401	6	HPER 1411	26	HPER 1411	16
HPER 1371	22	HPER 1371	17	HPER 1411	47	HPER 1411	38	HPER 1412	5	HPER 1421	1
HPER 1391	254	HPER 1391	207	HPER 1412	5	HPER 1431	64	HPER 1421	5	HPER 1431	43
HPER 1401	78	HPER 1401	62	HPER 1431	104	HPER 1451	89	HPER 1431	50	HPER 1451	84

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HPER 1402	1	HPER 1411	77	HPER 1451	94	HPER 1461	19	HPER 1451	84	HPER 1461	31
HPER 1411	84	HPER 1412	5	HPER 1461	17	HPER 1471	14	HPER 1461	32	HPER 1471	32
HPER 1412	7	HPER 1431	198	HPER 1471	15	HPER 1481	44	HPER 1471	14	HPER 1481	30
HPER 1431	89	HPER 1451	81	HPER 1481	15	HPER 1501	14	HPER 1481	41	HPER 1501	15
HPER 1451	97	HPER 1461	24	HPER 1501	10	HPER 1521	12	HPER 1601	36	HPER 1601	18
HPER 1471	74	HPER 1471	36	HPER 1521	13	HPER 1601	25	HPER 1661	20	HPER 1661	16
HPER 1481	86	HPER 1481	38	HPER 1531	10	HPER 1661	20	HPER 1701	26	HPER 1701	24
HPER 1601	55	HPER 1501	14	HPER 1601	23	HPER 1701	18	HPER 1711	22	HPER 1711	18
HPER 1661	40	HPER 1511	10	HPER 1661	15	HPER 1711	12	HPER 2333	39	HES 2323	323
HPER 2092	1	HPER 1521	23	HPER 2092	1	HPER 2092	2	HPER 2402	13		
HPER 2402	34	HPER 1531	11	HPER 2333	16	HPER 2333	32	HES 2323	354		
HES 2323	833	HPER 1601	29	HPER 2402	20	HPER 2402	24				
		HPER 1661	22	HES 2323	629	HES 2323	537				
		HPER 2093	1								
		HPER 2402	26								
		HES 2323	726								

Number of program sections taught exclusively for the major program for past five years

Year/	#	Year/	#	Year/	#	Year/	#	Year/	#	Year/	#
Class	Sections	Class	Sections	Class	Sections	Class	Sections	Class	Sections	Class	Sections
2012	15	2013	14	2014	14	2015	14	2016	14	2017	16
HPER 1213	2	HPER 1213	2	HPER 1213	2	HPER 1213	2	HPER 1213	2	HPER 1213	3
HPER 1222	2	HPER 1222	2	HPER 1222	2	HPER 1222	2	HPER 1222	2	HPER 1222	2
HPER 2612	1	HPER 2612	1	HPER 2612	1	HPER 2612	1	HPER 2612	1	HPER 2333	2
HPER 2622	1	HPER 2622	1	HPER 2622	1	HPER 2623	1	HPER 2623	1	HPER 2612	1

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HPER 2633	1	HPER 2633	1	HPER 2633	1	HPER 2633	1	HPER 2633	2	HPER 2623	1
HPER 2642	1	HPER 2642	1	HPER 2642	1	HPER 2643	1	HPER 2643	1	HPER 2633	1
HPER 2701	3	HPER 2701	2	HPER 2701	2	HPER 2702	2	HPER 2701	1	HPER 2643	1
HPER 2702	2	HPER 2702	2	HPER 2702	2	HPER 2703	1	HPER 2702	2	HPER 2701	1
HPER 2703	2	HPER 2703	2	HPER 2703	2			HPER 2703	1	HPER 2702	2
										HPER 2703	2

Number of program sections not taught exclusively for the major program for past five years

Year/ Class	# Sections	Year/ Class	# Sections	Year/ Class	# Sections	Year/ Class	# Sections	Year/ Class	# Sections	Year/ Class	# Sections
2012		2013	3394	2014	2529	2015	2387	2016	1932	2017	1748
HPER 1102	45	HPER 1102	43	HPER 1102	35	HPER 1102	32	HPER 1102	25	HPER 1102	22
HPER 1112	2	HPER 1112	2	HPER 1113	2	HPER 1113	2	HPER 1113	2	HPER 1113	2
HPER 1202	21	HPER 1202	21	HPER 1202	17	HPER 1202	16	HPER 1202	11	HPER 1202	12
HPER 1301	44	HPER 1301	28	HPER 1301	28	HPER 1301	15	HPER 1301	10	HPER 1301	7
HPER 1311	2	HPER 1311	2	HPER 1311	2	HPER 1311	2	HPER 1311	2	HPER 1311	2
HPER 1321	2	HPER 1321	2	HPER 1321	2	HPER 1321	2	HPER 1321	2	HPER 1321	2
HPER 1331	8	HPER 1331	7	HPER 1331	7	HPER 1331	6	HPER 1331	6	HPER 1331	5
HPER 1351	2	HPER 1351	2	HPER 1351	2	HPER 1391	7	HPER 1391	7	HPER 1391	4
HPER 1361	2	HPER 1361	2	HPER 1361	2	HPER 1401	1	HPER 1411	2	HPER 1411	2
HPER 1371	2	HPER 1371	2	HPER 1371	2	HPER 1411	3	HPER 1412	1	HPER 1421	1
HPER 1391	17	HPER 1391	15	HPER 1391	15	HPER 1431	5	HPER 1421	2	HPER 1431	4
HPER 1401	8	HPER 1401	7	HPER 1401	7	HPER 1451	7	HPER 1431	4	HPER 1451	7
HPER 1402	1	HPER 1411	6	HPER 1411	6	HPER 1461	1	HPER 1451	7	HPER 1461	2
HPER 1411	6	HPER 1412	1	HPER 1412	1	HPER 1471	1	HPER 1461	2	HPER 1471	2
HPER 1412	2	HPER 1431	10	HPER 1431	10	HPER 1481	2	HPER 1471	1	HPER 1481	2

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HPER 1431	4	HPER 1451	7	HPER 1451	7	HPER 1501	1	HPER 1481	2	HPER 1501	1
HPER 1451	7	HPER 1461	2	HPER 1461	2	HPER 1521	1	HPER 1601	2	HPER 1601	2
HPER 1471	5	HPER 1471	2	HPER 1471	2	HPER 1601	2	HPER 1661	2	HPER 1661	2
HPER 1481	4	HPER 1481	2	HPER 1481	2	HPER 1661	2	HPER 1701	2	HPER 1701	2
HPER 1601	2	HPER 1501	2	HPER 1501	2	HPER 1701	2	HPER 1711	2	HPER 1711	2
HPER 1661	2	HPER 1511	1	HPER 1511	1	HPER 1711	2	HPER 2333	2	HES 2323	13
HPER 2092	1	HPER 1521	2	HPER 1521	2	HPER 2092	1	HPER 2402	1		
HPER 2402	1	HPER 1531	1	HPER 1531	1	HPER 2333	2	HES 2323	13		
HES 2323	29	HPER 1601	2	HPER 1601	2	HPER 2402	1				
		HPER 1661	2	HPER 1661	2	HES 2323	23				
		HPER 2093	1	HPER 2093	1						
		HPER 2402	1	HPER 2402	1						
		HES 2323	26	HES 2323	25						

b. Student credit hours by level generated in all major courses that make up the degree program for five years:

Course	Credit hours per year				
	2013	2014	2015	2016	2017
HPER 1102	86	70	64	50	44
HPER 1112	4				
HPER 1113		6	6	6	6
HPER 1202	42	34	32	22	24
HPER 1213	6	6	6	6	9
HPER 1222	4	4	4	4	4
HPER 1301	28	29	15	10	7
HPER 1311	2	2	2	2	2
HPER 1321	2	2	2	2	2
HPER 1331	7	6	6	6	5
HPER 1351	2				
HPER 1361	2				

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HPER 1371	2				
HPER 1391	15	14	7	7	4
HPER 1401	7	3	1		
HPER 1411	6	4	3	2	2
HPER 1412	2	2		2	
HPER 1421				2	1
HPER 1431	10	9	5	4	4
HPER 1451	7	9	7	7	7
HPER 1461	2	1	1	2	2
HPER 1471	2	1	1	1	2
HPER 1481	2	1	2	2	2
HPER 1501	2	1	1		1
HPER 1511	1				
HPER 1521	2	1	1		
HPER 1531	1	1			
HPER 1601	2	2	2	2	2
HPER 1661	2	2	2	2	2
HPER 1701			2	2	2
HPER 1711			2	2	2
HPER 2092		2	2		
HPER 2093	3				
HPER 2333		3	6	6	6
HPER 2402	2	2	2	2	
HPER 2612	2	2	2	2	2
HPER 2622	2				
HPER 2623				3	3
HPER 2633	3	6	3	6	3
HPER 2642	2				
HPER 2643		3	3	3	3
HPER 2701	2	2		1	1
HPER 2702	4	4	4	4	4
HPER 2703	6	3	3	3	6
Total	276	240	202	175	164

c. Direct instructional costs for the program for the review period:

HPER full-time, tenured faculty instructional costs over the 5-year program review period was \$973,176.21

HPER adjunct instructional costs over the 5-year program review period was \$955,535.49

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d. The number of credits and credit hours generated in the program that support the general education component and other major programs including certificates:

Courses listed in the course catalog with the HPER prefix supports the 2 general education requirements. Below is the number of credits, student credit hours, and enrollment generated for the past 5 years, 2013-2017.

Students * Credit Hours	
Year/Mode	Tot Hrs.
2013	4603
DAY	2139
EVE	529
OTHER	255
ONLINE	1680
2014	3514
DAY	1712
EVE	389
OTHER	195
ONLINE	1218
2015	3478
DAY	1672
EVE	316
OTHER	170
ONLINE	1320
2016	3106
DAY	1558
EVE	262
OTHER	144
ONLINE	1142
2017	3114
DAY	1676
EVE	268
OTHER	104
ONLINE	1066
Grand Total	17815

Enrollment			
Year	# Enrollments	Hrs.	Class Credit Hrs.
2013	2876	4603	276
2014	2061	3514	240
2015	1995	3478	202
2016	1737	3106	175
2017	1679	3114	164
Grand Total	10348	17815	1217

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e. A roster of faculty members, faculty credentials and faculty credential institution(s). Also include the number of full time equivalent faculty in the specialized courses within the curriculum:

Faculty	Credential/ Institution that granted degree	Certifications
Elizabeth Brown 100% FTE	M.S., Oklahoma State University	National Strength Conditioning Association Certified Personal Trainer, National Strength Conditioning Association Certified Strength and Conditioning Specialist, American College of Sports Medicine Health Fitness Specialist, Yoga
Debbie Lynch 100% FTE	Ed.D., University of Arkansas	(employed through May 2016)
Kim Queri – 60% FTE	M.Ed., University of Central Oklahoma	American Red Cross - Lifeguard Instructor Trainer, Lifeguard Instructor, Lifeguard, Water Safety Instructor Trainer, Water Safety Instructor, Emergency Medical Responder Instructor, Responding to Emergency Instructor, First Aid/CPR/AED Instructor, Administering Emergency Oxygen Instructor, Administering Emergency Oxygen, Bloodborne Pathogens Training Instructor, Bloodborne Pathogens Training, CPR/AED for Professional Rescuers and Health Care Providers Instructor, CPR/AED for Professional Rescuers and Health Care Providers

Adjunct faculty	Credential/ Institution that granted degree	Certifications
Allen, Christal	M.Ed., University of Oklahoma	Yoga certification
Billen, Isabelle	M.B.A., University of Central Oklahoma	NFPA Personal Training, NFPA Group Instructor
Brister, Jodie	B.S., Arkansas Tech University	Water Fitness Instructor, American Red Cross Instructor CPR/AED/FA

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Bruce, Chandler	B.S., University of Central Oklahoma	Water Fitness Instructor
Buckmaster, Jennay	A.S., Rose State College	Water Fitness Instructor
Burton, Charles	Unknown	unknown
Callins, Umo	M.S., University of Oklahoma	Registered Dietitian, Certified Personal Trainer
Carpenter, Mandy	A.S., Rose State College	NSCA Certified Personal Trainer
Carver, Chelsea	A.A., Rose State College	ACE Certified Personal Trainer
Chiemelu, Catherine	B.S., University of Central Oklahoma	ACE Certified Personal Trainer
Church, Dennis	A.S., Rose State College	American Red Cross Instructor, Responding to Emergencies
Evans, Janice	Some college credit earned, Oklahoma State University	Certified Physical Trainer, Silver Splash and Silver Shoes Certified, Indoor Cycling Certification
Fisher, Emily	M.Ed., University of Central Oklahoma	Zumba License Instructor
Fixico, Jennifer	A.S., Rose State College	PiYo Instructor Certification
Funston, Barbara	A.S., Rose State College	PiYo Instructor Certification
Gibson, Lisa	M.S., University of Oklahoma	Registered Dietitian
Hill, Thomas	A.S., Rose State College	ISSA Certified Personal Trainer
Jahansouz, Chelsie	A.S., Rose State College	Sara City Workout Yoga Certification and Group Fitness Certification
Keller, Katherine	A.S., Rose State College	Sara City Workout Yoga Certification
Kelley, Alexis	A.A., Rose State College	American Sports Fitness Association
Kelly, Casey	B.S.; University of Central Oklahoma	Water Fitness; Sara City Workout
Kelly, Nathan	A.S., Rose State College	American Sports Fitness Association
Latham, Janet	B.S., Oklahoma State University	American Red Cross Water Safety Instructor
Leland, Christopher	MHR, University of Oklahoma	NATABOC, OSBMLS
Madden, Nicolette	MHR, University of Oklahoma	None
Martin, Billy	B.A., Oklahoma City University	USSF National "B" coaching license
McCauley, Darendia	Ph.D. Ed., University of Oklahoma	American Sport Yoga Program
McCool, Leigha	B.A., University of Oklahoma	Zumba License Instructor
Mechian, Freda	A.S., Rose State College	Zumba License Instructor
Monroe, Steven	Unknown	Unknown
Moore, Jordan	A.S., Rose State College	Zumba license instructor
Niederstadt, Angela	A.S., Rose State College	Water Fitness
Nivison, Joyce	none	none

Program Review Summary Template
3.7 Academic Program Review

Olivencia, Jennifer	B.S., Cameron University	American Council of Exercise, Certified Personal Training, Zumba License Instructor
Orrell, Doyle	M.S., University of Southern California	Lifeguard Instructor Trainer, Lifeguard Instructor, Waster Safety Instructor
Orrell, Devin	M.A., Oklahoma Wesleyan University	Registered Physical Therapist
Ortiz, Jaime	B.S.N., Northwestern Oklahoma State University	Zumba License Instructor
Pierce, Donna	M.Ed., University of Central Oklahoma	Water Fitness, Sara City Workout Group Fitness
Rael, Coby	A.S., Rose State College	ISSA Certified Personal Trainer
Rennels, Jade	B.A., University of New Mexico	Yogafit
Ross, Jennifer	none	Zumba License Instructor
Schultz, Ritchel	none	Zumba License Instructor
Shawn, Blake	none	American Red Cross Instructor, Responding to Emergencies, Lifeguard Instructor
Sims, Monica	M.A., University of Oklahoma	American Red Cross Instructor
Solomon, Damon	M.S., Pittsburg State University KS	NSCAA Advanced National Diploma
Steinmetz, Olena	B.A., Brigham Young University	Zumba License Instructor
Summers, Robert	A.S., Rose State College	NSCA-CPT, LesMills CXWORX, Ymca Group Fitness through ACE, Red Cross Instructor
Toney, Dan	B.S., University of Central Oklahoma	National Strength Conditioning Association Certified Strength, Conditioning Specialist
Walker, Pauline	A.A.S., Rose State College	Aquatic Exercise Assn (AEA) certified aquatics instructor; Sara City Workout (SCW) certified Group Exercise Leader, Mat Pilates & Small Apparatus Specialty, Tai Chi Yang Style instructor; certified Taiji Chuan Movement for Better Balance instructor & instructor trainer; licensed Zumba Fitness Instructor + Aqua Zumba, Zumba Sentao, Zumba Step, Zumba Gold, Zumba Toning specialties
Wood, Bret	Ed.D., Oklahoma State University	American Red Cross Instructor, Responding to Emergencies

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3.7 Academic Program Review

Wood, Lauren	M.S. Advance Registered Nurse Practitioner, University of Oklahoma	BLS Instructor, Acute Care Specialist, Kidney Transplant Certification
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f. If available, information about employment or advanced studies of graduates of the program over the past five years:

Information is not available.

g. If available, information about the success of students from this program who have transferred to another institution:

Majors Sent to Clearing House	Sent	Found	Transferred	Transferred/sent	Transferred and Graduated from Transfer School
0104 Health Sports	461	261	189	41%	48

B.5. Duplication and Demand:

In cases where program titles imply duplication, programs should be carefully compared to determine the extent of the duplication and the extent to which that duplication is unnecessary. An assessment of the demand for a program takes into account the aspirations and expectations of students, faculty, administration, and the various publics served by the program. Demand reflects the desire of people for what the program has to offer and the needs of individuals and society to be served by the program.

Demand for Program

Demand for the Health and Sports Sciences program is reflective of steady growth during the review period. Total enrollment in the program courses gradually increased each year during the review period. The number of undergraduate program majors in 2017 was 31 students higher than 2013. The average number of program majors during the review period for each option were: Exercise Fitness Management – 13; Personal Training – 30; and Health, Physical Education and Recreation – 15. The program averaged 91.6 majors, an annual average of 10.6 graduates, and 53 students graduated from the program during the review period. The number of student credit hours in the program indicates growth and consistent demand for the program.

B.5.a. Detail demand from students, taking into account the profiles of applicants, enrollment, completion data, and occupational data:

Current trends for Health and Sport Sciences graduates are indicated below.

1. The global market size of the health club industry was \$84.3 billion dollars in 2014, a 7.8% growth rate from 2013. ([Statista, The Statistics Portal](#))

Program Review Summary Template

3.7 Academic Program Review

2. There are currently 138.75 million members of health/fitness clubs worldwide. ([Statista, The Statistics Portal](#))
3. About 16% of Americans, 50.2 million people, currently belong to a health club. ([Share Care](#))
4. In 2012, there were 267,000 thousand fitness trainers and instructors employed in the United States. ([Bureau of Labor Statistics](#))
5. It is estimated that there will be an additional 33,500 fitness trainer jobs created in the next 10 years. ([Bureau of Labor Statistics](#))
6. The median pay for personal trainers was \$31,720 dollars a year, as of 2012. ([Bureau of Labor Statistics](#))
7. Since 2010, the average salary of part-time personal trainers has increased by 12%. ([ACE Fitness](#))
8. As of 2010, 52% of personal trainers worked for a club, while 48% were self-employed. ([ACE Fitness](#))
9. “300,000 personal trainer jobs forecasted by the year 2020” – from Fitness Mentors webpage <https://www.fitnessmentors.com/newsite/wp-content/uploads/2015/06/Personal-Trainer-Stats.png> . ([Bureau of Labor Statistics](#))

The Health and Sport Sciences Academic Certificate and the Associate of Science degree program’s enrollment and graduation rates are increasing. With the inception of academic certificate programs during the Fall 2015 semester, there was an increase of 363% from 2016 to 2017. This data reflects the trends listed above and the need for the Health and Sport Sciences program.

RSC Health and Sports Sciences Grads	
Year/Term	# Graduates
2012	10
2013	15
2014	11
2015	10
2016	11
2017	40
Grand Total	139

5. b. Detail demand for students produced by the program, taking into account employer demands, demands for skills of graduates, and job placement data:

The United States Bureau of Labor Statistics (BLS) suggests that careers in Health and Sports Sciences are outpacing the average expected job growth rate (2012-2022). In fact, the BLS predicts that employment will increase 29 percent in the 2008 to 2018 decade. Much of this growth is expected in the health field, due to the growing needs of an aging population. As the baby boomer population begins to age, a greater emphasis is placed on keeping older adults healthy. This can create a greater demand for personal trainers, fitness trainers and health and physical educators who can help direct and facilitate physical activities for those concerned about their physical health.

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3.7 Academic Program Review

B.5.c. Detail demand for services or intellectual property of the program, including demands in the form of grants, contracts, or consulting:

The Health and Sports Science program does not have any grants, contracts, or consulting within the program.

B.5.d. Detail indirect demands in the form of faculty and student contributions to the cultural life and well-being of the community:

Obesity rates have doubled in children and tripled in adolescents over the last two decades. Heart disease, cancer, stroke, and diabetes are responsible for two-thirds of deaths in the United States, and major risk factors for those diseases, including unhealthy eating habits, physical inactivity, and obesity are established during childhood and early adulthood. Data collected from the Rose State College Wellness Lab supports this trend. Sixty-seven percent of 3,086 Rose State College students measured the past 10 years are classified as overweight and obese.

The Health and Sport Sciences Associate of Science and Academic Certificate program is a vital part of the solution for poor health in the United States and the Rose State College local community. This program disseminates critical knowledge and skills on healthy lifestyles and provides Rose State College students with various perspectives on the different factors that contribute to the development of their physical, social, emotional, intellectual, and spiritual lives. In addition, the Health and Sports Sciences program educates physical educators, fitness professionals, coaches, and personal trainers to help solve our local communities' and nation's poor health.

Specifically, the students who graduate with a Health and Sport Sciences degree and/or the Exercise Fitness Management certificate option will provide employers of wellness worksite programs, sporting venues, fitness facilities, youth sports training camps, physical therapy programs, hospital-based cardiac rehabilitation, physician weight loss clinics, and other facilities dedicated to health with prospective employees with specific knowledge of one-on-one and/or small-group fitness instruction.

Specifically, the students who graduate with a Health and Sport Sciences Academic Certificate in Health, Physical Education, and Recreation and/or the Associate of Science Health, Physical Education Option will provide employers of teachers, daycare teachers and workers, physical educators, coaches, recreational therapists, and many other professions with prospective employees with specific knowledge in exercise, games, and sports to build a solid, age-appropriate program.

Specifically, the students who graduate with a Health and Sport Sciences Associate of Science degree Exercise Fitness Management Option and/or a Health and Sport Sciences Academic Certificate in Exercise Fitness Management will provide employers of child development programs, sporting venues, fitness facilities, youth sports training camps, physical education, and

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3.7 Academic Program Review

other facilities dedicated to recreation with prospective employees with specific knowledge of exercise, games, and sports.

Another way the Health and Sport Sciences program contributes to the health and well-being of Rose State College is by providing wellness assessments to students, faculty/staff, and community members through the Rose State College Wellness Center. For the past five years, the Health and Sport Sciences program students have conducted these wellness assessments. The wellness assessments consist of blood pressure, body fat, flexibility, muscular strength, cardiovascular testing, and a health risk questionnaire. Based on the results of the tests and self-reported health risk questionnaire, recommendations are made to improve the participant's health and overall well-being.

Rose State College's local community is enhanced by the Health and Sport Sciences degree and academic certificate programs through community outreach programs. To complete the degree and academic certificate program, students must complete 2 credit hours of the HPER 2702 Health and Sport Sciences Practicum course. Students enrolled in this course provide community outreach programs such as working hands-on with the Tri-City Youth and Family Center Wellness Program in Choctaw, Oklahoma and the Wee Water Wahoo water safety event through the American Red Cross

The Rose State College Health and Sport Sciences degree and academic certificate programs offer classes that appeal to the community, such as Yoga, Aerobic Kickboxing, Weight Training, Aerobics, First Aid, Aquatic Fitness, Tai Chi, Bootcamp, Pilates, and Zumba™. These courses are taught as both credit and non-credit through the Rose State College Community Learning and Wellness Program.

B.5.e. The process of program review should address meeting demands for the program through alternative forms of delivery. Detail how the program has met these demands:

The Health and Sports Sciences program offers courses through a number of formats: traditional 16-week, 8-week, and 2-week lecture/lab courses; online courses delivered through use of Desire2Learn; hybrid courses which utilize online and in-class instruction; and Friday/Saturday courses. Whether the course is online, hybrid, or traditional, all of the same unit objectives, learning objectives, course objectives and course material are offered to ensure consistency despite the modality. Classroom discussions and online discussions in hybrid and distance learning courses use the same course materials and techniques as on-ground courses.

B.6. Effective Use of Resources:

Resources include financial support (state funds, grants, and contracts; private funds; student financial aid); library collections; facilities including laboratory and computer equipment; support services; appropriate use of technology in the instructional design and delivery processes; and the human resources of faculty and staff.

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3.7 Academic Program Review

Financial Aid: Students are encouraged to apply for financial aid through the Rose State College Foundation as well as to seek state and federal financial aid. Through the Foundation office, the Health and Sports Sciences program offers scholarship money for a deserving major.

Classrooms: Rose State College offers instructor computer consoles and access to Wi-Fi in classrooms as well as smart screens and white boards. The Social Sciences Division has a computer lab housed in the building and has four laptop carts that each contain approximately 20 laptops for faculty/adjuncts in our department to use in the classrooms.

Wellness Lab: The Wellness lab utilizes Healthfirst Trifit through Polar Health assessment software and equipment to measure blood pressure, body fat, strength, flexibility, and cardiovascular endurance.

HPER Equipment: The Health and Sports Sciences program utilizes a variety of equipment including yoga mats, free weights, kickboxing bags, bands, medicine balls, cable machines, cardiovascular equipment, BOSUs, therapy balls, battle ropes, sandbags, kettle bells, etc. Aquatic equipment includes hand buoys, swim fins, swim bars, noodles, weights, and stretch bands. First Aid and Lifeguarding equipment includes CPR training manikins, AED training machines, First Aid training supplies, and conscious choking manikins.

The Social Sciences Division and the Rose State College Foundation provides funding to Health and Sport Sciences full-time faculty members for continuing education credits and conferences.

Institutional Program Recommendations: (describe detailed recommendations for the program as a result of this thorough review and how these recommendations will be implemented, as well as the timeline for key elements)

Recommendations	Implementation Plan	Target Date
Due to the loss of a full-time faculty position in the program and the 225% increase of graduates and 328.5% increase of certificates, it is our recommendation to maintain program with an emphasis on expansion.	Market program through social media and promotional flyers.	Spring 2018 Semester.
	Meet with academic advisors and student engagement.	Spring 2018 Semester.
	Meet with Student Senate to find interest in Health and Fitness Student Club.	Fall 2018 Semester.

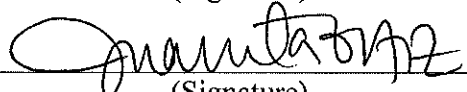
Program Review Summary Template 3.7 Academic Program Review

Summary of Recommendations:

	Department	School/College	Institutional
Possible Recommendations:			
Expand program (# of students)			
Maintain program at current level	Maintain stability over the next 5 years with majors and graduates. Continue transfer agreements and partnerships with local universities and community agencies. As opportunity allows, expand program 1-2% over the next five years.	n/a	n/a
Reduce program in size or scope			
Reorganize program			
Suspend program			
Delete program			

The Health and Sports Sciences degree enrollment numbers have grown since 2013 and have held fairly stable over the past two academic years. The number of graduates and certificates for 2017 was at a record high for the last five-year period. The strengths of the faculty and administrative support has helped to achieve this growth. Therefore it is recommended that this program continues with full approval for no less than 5 years.

Department/
Program Head  Date 11/28/17
(Signature)

Dean  Date 11/28/17
(Signature)