

WSC Academic Program Review Report 2022
Applied Human & Sport Physiology

1. Program Overview and Offerings

Major	Option, Concentration, Focus Area or Endorsement	Minor	Degrees	Credit Hours
Applied Human & Sport Physiology			BS, BA	56

Program Overview and Goals:

The Applied Human and Sport Physiology major provides students with a variety of educational experiences pertaining to sports medicine and allied health. The program of study is designed to prepare students for further study and careers in athletic training, physical therapy, biomechanics, and kinesiology. Students also receive preparation for entering fitness and wellness related professions.

There is no program accreditation at this time.

2. Section Two (Option A): Analysis of Program, Including Adequacy of Resources and Related Concerns

Program assessment

Program faculty assess the AHSP programs annually using one direct measure and one indirect measure for program assessment. The direct measure for Applied Human and Sport Physiology is comprehensive exam taken at approximately week 11-14 of the final semester and the indirect measure is a graduate survey to determine the percentage of students accepted into graduate programs.

Programmatic concerns based on assessment of program

The AHSP programs continue to serve 7-10 graduates per year and supports other programs and students on campus. The continued strong enrollment into this program is a result of students' desire to enter Health & Human Performance fields and receive a rigorous education and training using modern equipment and course work that leads to successful careers in the health & sport industries.

Program Summary

Students develop critical skills that are applicable to a variety of exercise, health, and sport fields. Our human performance lab is among the best in the state and used regularly by a range of classes to complete a curriculum under the supervision of our distinguished faculty. AHSP student have the option to complete experiential learning through shadowing and practical experiences.

Many of our students go on to attend professional physical therapy or athletic training school, and other various health and wellness professions. Other students go on to jobs in the collegiate or professional industries both in Nebraska and across the country. Some students go on to graduate school and become researchers and faculty members at major universities. Our faculty frequently hear back from graduates who praise the preparation they received at Wayne State College.

Faculty and faculty-related resources

Six of our eight current full-time faculty are tenured while the other two are at Instructor level having more than 25 years combined teaching experience at Wayne State College. The faculty are:

- Professor Chad Maas (Ph.D., University of Southern Mississippi)
- Professor Donovan Conley (Ed.D., University of Georgia)
- Professor Barbara Engebretson (Ph.D., Colorado State University)
- Professor Kris Fox (Ph.D., Rocky Mountain University of Health Professionals)
- Professor Cameron Geisert (Ed.D., United States Sports Academy)
- Professor Kevin Hill (Ed. D., University of South Dakota)
- Instructor Jeff Meyer (MSE, Wayne State College)
- Instructor Paul McCawley (MSE, Wayne State College)

All full-time faculty members in the department have their own offices adjacent to classrooms and the human performance lab in the lower level of Rice Auditorium.

We are currently in the first year of offering a new graduate MSOM program in Human Performance and Wellness Management. It was anticipated that a minimum of 12 new students would enroll in the program in the first two years. The current enrollment halfway through the first year is 18 students and that number continues to grow almost daily. The anticipated course rotation to cover this demand will include an additional two courses (6 credits) offered per academic year and two courses (6 credits) offered in the summer. With the current number of FTE in the department this will need to be covered using either adjuncts or overload.

For the past several academic years, the HHPS department has depended on graduate assistants and adjunct instructors to cover approximately 30% of course offerings.

PED 103 Physical Health and Wellbeing, HHPS' sole general education course, is offered exclusively using GA and adjunct staffing. This is generally between 350-400 students per semester

Informational resources

Wayne State College has excellent information resources available to all students including those in Health, Human Performance, and Sport. The primary information resource employed the HHPS, however, is the information technology support provided by Wayne State College Network and Technology Services (NATS). NATS is invaluable in the planning, acquisition, and trouble-ticket service of hardware and software systems. Additionally, our library houses a number of peer-reviewed journals in hard-copy, has access to virtually any science journal through inter-library loans and many prominent research publications are available free to the public over the internet.

Physical facilities and instructional equipment

The current physical facilities and instructional equipment are adequate for a rural undergraduate institution with current enrollment levels. Our Department is housed in a recently renovated garden level of the Rice Auditorium, which houses a human performance lab with a broad range of cutting edge research and teaching equipment.

3. Section 3: Evidence of Demand and Efficiency (per established CCPE standards)

		16-17	17-18	18-19	19-20	20-21	5 yr avg
Student Credit Hours (SCH)		6,047	6,014	6,672	6,964	7,348	6,609
Faculty Full-time Equivalency (FTE)		9.44	10.20	10.48	11.81	12.37	10.86
SCH/Faculty FTE		641	590	637	590	594	609
Number of Degrees and Awards <i>(list degrees/ awards separately)</i>	BA	0	1	0	0	0	.2
	BS	9	9	1	5	7	6.2

4. Section 4 (Option A): Justification and Evidence of Need

Justification and Evidence of Need:

1. Program contains courses supporting general education or other programs

The AHSP program provides students with the health/sport option for pursuing Pre-Professional Physical Therapy and Pre-Professional Occupational Therapy tracts at WSC. It also provides students with the necessary courses to pursue the Pre-Professional Athletic Training track at WSC.

The majority of campus visits coming to the department indicate an interest in a Pre-Professional track through the AHSP program. Occupational Therapy has been included into the Rural Health Opportunities Program (RHOP) with AHSP as the preferred major. The expansion of this premier program and inclusion of AHSP will direct and increased number of students to the major.

According to the November 2021 enrollment report, there are 55 currently enrolled students who have declared their major as AHSP (18 freshmen, 14 sophomores, 10 juniors, and 13 seniors). Ten students are planning to graduate in May of 2022 and the trend of more than 7 graduates per year is anticipated to continue based on current enrollment in the major

2. Other

The dip in AHSP graduates (AY 18-19 and 19-20) is the result of several factors that have been addressed by restructuring the information on our webpage and in how we promote the major in our admissions department. WSC is now communicating and recruiting more effectively in this program area.

Plan for continuation of low-performing program:

1. Importance of the program to the Institution, region, and/or state

The AHSP degree is an important option for students both as a stand-alone degree but also as a preparatory pathway for graduate and professional school. Employment outlook in professions supported by the AHSP degree are increasing in demand in Nebraska. (Physical Therapy 21%, Athletic Training 23%, Occupational Therapy 17%, and Fitness Experts 39%; NE DOL Occupational Outlook Handbook, 2020-2030).

Of the 57 credit hours in the program (the current catalog still incorrectly states 56), Only 12 credit hours, of the 57 hours total, are unique to the AHSP major. The other credits overlap other related majors and associated minors. The benefits of offering a unique academic program through the inclusion of only 12 credits (4 courses) is both beneficial to the students and economical for the college. Further, the sole faculty member that teaches these 4 courses also teaches courses that support the programs of: Exercise Science, Physical Education, Coaching, Exercise Science (major and minor), Injury Science (minor), and the MSOM in Human Performance and Wellness Management.

2. Strategic plan to grow the program and/or increase its success

The department will continue to meet with prospective students visiting campus and work with campus relations to hone marketing materials to promote AHSP and all HHPS programs. HHPS department chair and faculty regularly review and refresh the following WSC web pages:

- <https://www.wsc.edu/applied-human-and-sport-physiology>
- <https://www.wsc.edu/pre-athletic-training>
- https://www.wsc.edu/info/20421/accelerated_nursing
- https://www.wsc.edu/info/20299/pre-physical_therapy
- https://www.wsc.edu/info/20294/pre-occupational_therapy
- https://www.wsc.edu/info/20337/rural_health_opportunities_program_rhop/901/rhop_programs/7

Course offerings have been reorganized to allow for easier transition through the major, especially for students who change their major after their freshmen year or who transfer to WSC from another institution. These changes should improve student completion and retention and reduced scheduling barriers that slowed student progress to degree. Changes include:

- PED 452 Musculoskeletal Injury Evaluation and Management and PED 469 Sports Medicine Practicum have been removed from the curriculum and replaced with PED 456 Lower Extremity Evaluation and PED 457 Upper Extremity Evaluation.

- PED 458 Rehabilitation of Musculoskeletal Injuries has been redesigned to provide additional clinical knowledge and skills to students pursuing careers in orthopedic-based Allied Health professions.
- PED 495 Research Design in Sports Medicine has transitioned from a traditional research design course to have more focus on Evidenced-Based Practice and clinical research.

The Human Health, Performance, and Sports Department faculty are working to build enrollment to justify offering all AHSP core courses once per year, rather than once every other year. This strategy will help reduce time to graduation and allow more flexibility in student schedules. Offering core courses every year would also allow more pre-professional students in other academic areas (i.e. Biology, Psychology) to complete the Injury Science minor because the AHSP courses would better fit into their programs of study and offer a more diverse educational experience.