



UNIVERSITY OF WISCONSIN WHITEWATER

ACADEMIC ASSESSMENT

PHYSICAL EDUCATION: HEALTH, HUMAN PERFORMANCE AND RECREATION

MISSION STATEMENT

The Physical Education: Health, Human Performance and Recreation (HHPR) emphasis integrates these disciplines to include dimensions from health promotion, health education, exercise science, physical education, recreation, leisure studies, coaching education and sport. With this emphasis, students must select a minor and may choose from a variety of minors both within and outside the Department. Students often choose Health Promotion, Recreation and Leisure Studies or Athletic Coaching Education as a minor to match their career interests. Students will need to consult with an advisor concerning minors outside the Department.

STUDENT LEARNING OUTCOMES

Student learning outcomes (SLOs) are statements of what a student will know or be able to do when they have completed a program. They represent the knowledge and skills a program has determined are most important for students to gain from that program. The most useful SLOs are specific and measurable so the program can accurately assess the degree to which students have achieved each outcome, and they align with college and institution mission and values. Data on achievement of SLOs is used to make improvements in the program and increase student success.

The learning outcomes for the Health, Human Performance and Recreation emphasis in the Physical Education major are a hybrid of the standards from the American Association for Health Education; the standards from the Council on Accreditation of Parks, Recreation, Tourism and Related Professions; and the standards from specialized professional associations in exercise science, including the American College of Sports Medicine (ACSM) and the American Association of Cardiovascular and Pulmonary Rehabilitation (AACPR).

Entry-Level Knowledge and Integration Across Disciplines

Students graduating from the program shall demonstrate entry-level knowledge of the nature and scope of professions; techniques and processes used by professionals; the foundations of professions; and integration across the disciplines of health, human performance and recreation, and be able to:

- Appreciate the perspectives, opportunities and responsibilities in the broadly defined health, human performance and recreation professions.

- Integrate health, human performance and recreation in the context of professional practice.
- Integrate health, human performance and recreation relative to health, disease and disability throughout the lifespan.
- Integrate health, human performance and recreation from the perspective of the global society in the technological millennium.

Basic Sciences, Exercise Sciences and Applied Sciences

Students graduating from the program shall demonstrate entry-level knowledge, skills and abilities for basic sciences, exercise sciences and applied sciences, and be able to:

- Apply the basic sciences of anatomy and physiology.
- Apply the exercise sciences of physiology of exercise and biomechanics.
- Practice the applied sciences of health appraisal, exercise testing, exercise prescription and exercise leadership.

Health and Safety

Students graduating from the program shall demonstrate the entry-level knowledge of physical, social, cultural and environmental aspects of health and safety, and be able to:

- Demonstrate entry-level knowledge of characteristics, activities and strategies leading to active and healthy lifestyles.
- Create conditions that promote health and safety in programs and services for health, human performance and recreation.

Programming

Students graduating from the program shall demonstrate the ability to design, implement and evaluate programs and services for health, human performance and recreation, and be able to:

- Design, facilitate and lead programs and services clearly reflecting application of knowledge from the relevant facets of contemporary professional practice, science, and philosophy.
- Demonstrate entry-level knowledge of methods available to evaluate programs and services and in order to use evaluation data to improve the quality of programs and services.

Administration

Students graduating from the program shall demonstrate entry-level knowledge about management and administration of programs and services for health, human performance and recreation, and be able to:

- Recognize basic facts, concepts, principles, and procedures of management and administration in health, human performance and recreation professions.

- Apply entry-level concepts, principles, and procedures of management and administration for health, human performance and recreation professions.

Special Populations

Students graduating from the program shall demonstrate entry-level knowledge, skills and abilities to adapt programs and services for differences in health, disease and disability throughout the lifespan, and be able to:

- Adapt programs and services to meet the needs created by injury, disability and health conditions.
- Provide programs and services that are age-appropriate for developmental phases throughout the lifespan.