

## Capstone I AY16 Program Review: Program Outcomes and Capstone Assignment Alignment

### PHYSICAL ACTIVITY AND HEALTH

#### Program Learning Outcomes (PLOs)

Learning Outcomes required for graduation The Physical Activity and Health Degree Program require that students meet the following standards that exemplify what a professional in the field should achieve:

##### Communication

- Inquire, Create, Communicate: Demonstrate a standard of communication through writing proficiency by completing writing intensive classes. Every student must complete this requirement either through specific coursework in designated classes (EXS 311, EXS 323, and HWS 351), or another acceptable format. Program specific writing requirements are measured using a common rubric.
- Complete the Computer Literacy Requirement: Take EXS 312, EXS 322, EXS 3

##### Community-Based Learning

- **Civic or Community Engagement:** Demonstrate engagement with diverse communities through experience working with Older Adults (HWS 422 and 423); with special needs populations (EXS 440, 444); or within the community (HWS 350, HWS 351, HWS 352, HWS 412, HWS 413).

##### Physical Fitness

- **Applied Learning:** Demonstrate a standard of health- related fitness by achieving at least the 65th percentile on a physical ability test\*. Every student must complete this requirement either through specific coursework in designated classes (HWS 298, EXS 323), or they will demonstrate completion in another approved format
- Competency in First Aid and CPR (either through completion of PES 252 or by demonstrating certification through a recognized organization, e.g. Red Cross.)

##### Academic Performance

- **Content Knowledge:** Demonstrate competency in the academic content of physical activity and health by completing all PAH course work a grade of "C-" or better\*\*. Each individual course lists specific outcomes. Through discussion, examination, laboratory experiences, and application of concepts; students are assessed and graded according to their performance.

##### Practical Application

- **Integrated and Applied Learning:** Demonstrate understanding of physical activity and/or health concepts and ability to communicate essential elements of the discipline through completion of the capstone experience. Within the capstone experience, all students are required to do the following: · Complete a capstone project (PES 495 and PES 496) during the final academic year of study. Each capstone project is different, but must include a setting applicable to a recognized content area of the program.

#### Capstone Assignment

##### Division of Physical Activity and Health Liberal Studies: Senior Capstone

##### What is the capstone?

The senior capstone is a project that should be reflective of the entirety of your undergraduate education. You have spent a significant amount of time increasing your knowledge and skills. This project provides you an opportunity to illustrate your personal growth and fitness to progress to the next phase of your life.

##### Preliminary student objectives and procedure:

1. Identify in what setting you will be doing your project. There are several general formats, but these are very flexible.

It doesn't matter in what setting you are you will be graded on your activity and experienced gained through the project. Some example settings would be in a laboratory, a health clinic, community program, or educational setting. Typically the setting will be around some theme (research, education, community service, and so on).

2. Decide on the particular focus of your project. This project is experiential in nature. Depending upon your project environment, you will have specific goals that you will need to meet. A research project requires a question to answer. Community programs will perhaps involve developing and/or implementing a health or education program within a community. Interning in a health setting, such as a hospital, would entail learning specific procedures for health care (a specific therapy modality). You will need to develop a detailed proposal for your capstone before beginning the project.
3. Determine the outcome of the project. What will you have to show and submit for your experience? In some cases this might be a paper or a presentation at a conference (such as EOU's Spring Symposium). If you were teaching or working within a community based program, your outcome may be just your documentation of your work within the program. There may some culminating experience such as a group presentation that may be used for this requirement. You will need to work with your advisor to determine the best way to document your capstone project.
4. For Liberal Studies students: In addition to the guidelines above, you will need to create a project that involves BOTH of your minor disciplines.

#### Expectations for students:

1. Completion of a minimum of 90 hours of work for the entire capstone project. All hours must be documented and certified by the supervisor. This may be a faculty member, but also may be a person supervising your work in an internship (or similar) setting.
2. Submission of all required documentation over the course of the project. This will include the following:
  - a. Capstone Application and Timeline for completion
  - b. Capstone Proposal (may be combined with the Application)
  - c. Weekly journal and hour log (with signatures)
  - d. Supervisor evaluation
  - e. Student evaluation of project site
  - f. Final project documentation

#### Grading Criteria for the Senior Project

Grading Criteria	Possible Points	Points earned
Capstone Proposal	20	
Weekly Journal/Hour log	30	
Evaluation by site supervisor	30	
Student Evaluation of site/supervisor	20	
Final Project Documentation	100	
Total:	200	

You will be assigned a letter grade based on a standard distribution as illustrated below.

Points Earned	Grade
188 and above	A
180-187	A-
176-179	B+
164-175	B
160-163	B-
156-160	C+
144-155	C
140-144	C-
136-140	D+
124-135	D
120-123	D-
119 and below	F

#### **Determination of grades for each criteria item.**

**Capstone Proposal:** The completed Capstone Proposal form and any additional documentation for entering into the capstone project. You must include a reasonable time line for project completion.

**Weekly journal and hour log:** Each week you will enter the amount of time spent on the capstone during the day and a description of what was done. You will be graded on the completeness of the documentation for your project.

**Evaluation by Site Supervisor:** Your site supervisor will evaluate your performance for your time working with them. This may be done more than once (for example during each term, or multiple times within a term). Points awarded will be based upon your supervisor's evaluation.

**Student Evaluation of Site and Supervisor:** You will complete a reflective evaluation of your supervisor and the site at which you performed your project. You will be graded on the thoroughness of your evaluation.

**Final Project Documentation:** This grade will be assigned based upon the quality of your final "project". Your advisor will be examining your work in relation to those skills acquired by a graduate of a university. As stated in the description of the capstone, this final project may take different forms. Your project will be agreed upon (see Capstone Proposal) by both you and your advisor.

#### **Closing the Loop Statement**

Physical Activity and Health PLOs are carefully aligned with the Capstone Assignment since the outcomes themselves determine the nature of the capstones themselves. Simultaneously, the Capstone Assignment determines exactly how students will demonstrate proficiency (or adequacy) in the program's outcomes. The specificity with which the PAH faculty articulated the PLOs and Capstone Assignment guides teaching and learning at the capstone level.

**Action Plan:** N/A