

Northern Oklahoma College
Health, Physical Education and Recreation (047)
Options: Athletic Training, Personal Training
June 2018 Academic Program Review

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

The mission of Northern Oklahoma College, the State's oldest community college, is a multi-campus, land-grant institution that provides high quality, accessible, and affordable educational opportunities and services which create life-changing experiences and develop students as effective learners and leaders within their communities in a connected, ever-changing world.

The core values of Northern Oklahoma College are that through personalized education we believe in providing individualized services leading our students to achieve their academic goals in a welcoming and safe environment, and we will provide support to students in and out of the classroom so that they receive a full college experience with diverse opportunities.

Another core value is community and civic engagement, so we believe that educated citizens are necessary for a healthy, democratic society, and that free and open expression and an appreciation for diversity are cornerstones of higher education, and we believe in economic and environmental sustainability and the importance of enriching the intellectual, artistic, economic, and social resources of our communities. We at Northern Oklahoma College also believe in the inherent value of intellectual pursuit for both personal and professional growth, as well as the need to prepare students for the 21st century professions, and that a knowledge-centered institution is vital to a knowledge-based economy, and we measure our success against national models and standards of excellence.

The alignment of the AS degree in Health, Physical Education, and Recreation with the institutional mission is addressed below.

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:

The last full program review occurred in 2013. The 2013 review noted the Health, Physical Education, and Recreation (HPER) program offered hands-on learning in the athletic training environment as well as opportunities for HPER majors to officiate intramural events. Recommendations in the 2013 review included further aligning the HPER course offerings with partner institutions and increasing enrollment by 10 students. In 2011-2012, there were 56 majors and 19 graduates in the HPER degree programs.

Since the last formal review, the following program changes have been made:

- In 2015, the division set a goal for a 40% 3-yr. graduation rate of HPER students and has made scheduling adjustments to assist in completion. The division continues to track student progress toward this goal.
- A Personal Training option was added to the HPER degree in 2016-2017 due to increased workforce demands. Four new courses were added as part of this curriculum: Intro to Personal Training I, Intro to Personal Training II, Personal Training Practicum I, and Personal Training Practicum II. Emails were sent to advisors explaining the various HPER degree options in order to better guide students in the proper degree choice.
- In 2017-2018, program assessment for Athletic Training option was adjusted to include demonstration of knowledge and application of the mechanics of the human body for more real-world applications. Gateway courses were also identified to better track majors and graduates.
- A section of First Aid was added to meet student needs and an internship option was added in Summer 2018.

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

The Health, Physical Education and Recreation degree at Northern Oklahoma College creates various experiences for students to gain valuable knowledge in the career field of physical education or athletic training, meeting regional workforce needs and offering life-changing opportunities for students through greater employability.

B. Vitality of the Program:

B.1. Program Objectives and Goals:

Students upon completion of the Health, Physical Education and Recreation degree will be able to:

- Apply care for basic injuries.
- Demonstrate skill set gained from clinical observation.
- Describe and explain healthy lifestyle habits.
- Demonstrate knowledge and application of the mechanics of the human body.

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

Date	5/10/2016
Competency # and Description	1. Apply care for basic injuries

Course	HPET 2633 – Care and Prevention of Athletic Injuries HPET 2212 – First Aid
Activity	Quiz/test
Measurement	HPET 2633- Learn and identify the signs and symptoms of a concussions HPET 2212- CPR certification test with pass/fail scores
Evaluation Criteria	HPET 2633 - Students should score at least a 75% on the quiz/test question HPET 2212- 70% of students will successfully pass this test
2015-2016 Results	HPET 2633- 50 out of 50 (100%) students score 75% or better on each of the 6 questions. HPET 2212- 59 out of 59 students passed (100%)
Summary of changes for 2016-2017	Competences met. No changes recommended at this point
Timeline for Review	Fall/spring data will be collected and reviewed in the spring and instructors from all campuses will determine needed adjustments.
Date	5/15/2017
Competency # and Description	2. Demonstrate skill set gained from clinical observation
Course	HPET 1142 – Sports Officiating I HPET 2053 – Introduction to Coaching HPET 1952 – Introduction to HPE&R HPET 1950 – Physical Ed. Field Exp
Activity	HPET 1142 – Game observation HPET 2053 – Form a coaching philosophy from observations and course material HPET 1952 – Academic Major Assignment HPET 1950 – Professional resume and observation review
Measurement	HPET 1142 - rubric HPET 2053 – Pass/fail HPET 1952 – Pass/fail HPET 1950 – Pass/fail
Evaluation Criteria	HPET 1142 – Pass rate of 75% HPET 2053 – Pass/fail HPET 1952 – Pass/fail HPET 1950 – Pass/fail
2016-2017 Results	HPET 1142 – 16/17 (94%) pass rate HPET 2053 – 27/29 (93%) pass rate HPET 1952 – 15/16 (94%) pass rate HPET 1950 – 14/14 (100%) pass rate
Recommendation for changes for 2017-2018	No changes at this time
Timeline for Review	Fall/spring data will be collected and reviewed in the spring and instructors from all campuses will determine needed adjustments.
Date	5/22/2018
Competency # and Description	3. Describe and explain healthy lifestyle habits
Course	HPET 1113 – Nutrition HPET 1223 – Health Ed. and Wellness
Activity	HPET 1113 - The students will be given a project to demonstrate their knowledge on proper nutritional habits, caloric intake and making better meal choices. HPET 1223 - The students will be given a project to demonstrate their knowledge on proper nutritional habits, caloric intake and making better meal choices.
Measurement	HPET 1113 and HPET 1223 – Grading rubric developed for this project

Evaluation Criteria	HPET 1223 - Students in the course will have a 70% success rate on this project. HPET 1113 - Students in the course will have a 70% success rate on this project.
2017-2018 Results	HPET 1223 – 61/68 (90%) students scored 70% or better on project. HPET 1113 - 22/24 (92%) students scored 70% or better on project.
Recommendation for changes for 2018-2019	HPET 1223 – change evaluation criteria to 75% success rate HPET 1113 – change evaluation criteria to 75% success rate
Date 5/22/2018	
Competency # and Description	4. Demonstrate knowledge and application of the mechanics of the human body.
Course	HPET 2633 – Care and Prevention of Athletic Injuries HPET 2212 – First Aid
Activity	HPET 2633 – Heat Awareness quiz HPET 2212 – CPR test
Measurement	HPET 2633- Learn and identify the signs and symptoms of heat illness HPET 2212- CPR certification test with pass/fail scores
Evaluation Criteria	HPET 2633 - Students should score at least a 75% on the quiz HPET 2212- 70% of students will successfully pass this test
2017-2018 Results	HPET 2633 – 22/26 (85%) students scored 75% or better on project. HPET 2212 – 42/45 (93%) students passed the CPR certification test BISI 2104 – 11/19 (58%) students passed with 70% or better BISI 2204 – 13/30 (43%) students passed with 70% (BISI data collected for one instructor—will extend random sampling in next cycle)
Recommendation for changes for 2018-2019	HPET 2633 – no changes HPET 2212 - change evaluation criteria to 80% of students will successfully pass the CPR test
Timeline for Review	Fall/spring data will be collected and reviewed in the spring and instructors from all campuses will determine needed adjustments.

HPER - Athletic Training Option

Date	5/10/2016 Assessed again Spring 2019
Competency # and Description	1. Apply care for basic injuries
Course	HPET 2633 – Care and Prevention of Athletic Injuries HPET 2212 – First Aid
Activity	Quiz/test
Measurement	HPET 2633- Learn and identify the signs and symptoms of a concussions HPET 2212- CPR certification test with pass/fail scores
Evaluation Criteria	HPET 2633 - Students should score at least a 75% on the quiz/test question HPET 2212- 70% of students will successfully pass this test
2015-2016 Results	HPET 2633- 50 out of 50 (100%) students score 75% or better on each of the 6 questions. HPET 2212- 59 out of 59 students passed (100%)
Summary of changes for 2016-2017	Competences met. No changes recommended at this point.
Timeline for Review	Fall/spring data will be collected and reviewed in the spring and instructors from all campuses will determine needed adjustments.
Date 5/15/2017	
Competency # and Description	2. Demonstrate skill set gained from clinical observation

Course	HPET 2382 –Athletic Training Practicum I HPET 2482 – Athletic Training Practicum II
Activity	HPET 2382- recognizing and managing dehydration, wound management and cleansing, taping an ankle and emergency action plans HPET 2482 -arch taping, identifying concussion symptoms, hot/cold modality usage, correctly writing SOAP notes and identifying various stretching techniques.
Measurement	HPET 2382 and HPET 2482 - quiz
Evaluation Criteria	HPET 2382 and HPET 2482 – Pass rate of 70% for each activity
2016-2017 Results	HPET 2382 - Dehydration (8/8 passed), wound management (7/8 passed), ankle taping (8/8 passed), emergency action plans (8/8 passed) HPET 2482 – Arch taping (5/5 passed), concussion symptoms (5/5 passed), hot and cold modalities (5/5 passed), SOAP notes (5/5 passed), stretching techniques (5/5 passed)
Recommendation for changes for 2017-2018	Increase the pass rate to 80%
Timeline for Review	Fall/spring data will be collected and reviewed in the spring and instructors from all campuses will determine needed adjustments.
Date	5/22/2018
Competency # and Description	3. Describe and explain healthy lifestyle habits
Course	HPET 1113 – Nutrition HPET 1223 – Health Ed. and Wellness
Activity	HPET 1113 and 1223 - The students will be given a project to demonstrate their knowledge on proper nutritional habits, caloric intake and making better meal choices.
Measurement	HPET 1113 and 1223 – Grading rubric developed for this project
Evaluation Criteria	HPET 1113 and 1223 - Students in the course will have a 70% success rate on this project.
2017-2018 Results	HPET 1223 – 61/68 (90%) students scored 70% or better on project. HPET 1113 – 22/24 (92%) students scored 70% or better on project.
Recommendation for changes for 2018-2019	HPET 1223 – change evaluation criteria to 75% success rate HPET 1113 – change evaluation criteria to 75% success rate
Timeline for Review	Fall/spring data will be collected and reviewed in the spring and instructors from all campuses will determine needed adjustments.
Date	5/22/2018
Competency # and Description	4. Demonstrate knowledge and application of the mechanics of the human body.
Course	HPET 2633 – Care and Prevention of Athletic Injuries HPET 2212 – First Aid BISI 2104 – Human Anatomy BISI 2204 – Human Physiology
Activity	HPET 2633 – Heat Awareness quiz HPET 2212 – CPR test BISI 2104 – Exam 3 BISI 2204 – Average of 5 exams
Measurement	HPET 2633- Learn and identify the signs and symptoms of heat illness HPET 2212- CPR certification test with pass/fail scores BISI 2104 – Exam covering muscles and contraction mechanism. BISI 2204 – Exams covering the application of mechanics.
Evaluation Criteria	HPET 2633 - Students should score at least a 75% on the quiz HPET 2212- 70% of students will successfully pass this test BISI 2104 – 70% of students will successfully pass this test

	BISI 2204 - 70% of students will successfully pass this test
2017-2018 Results	HPET 2633 – 22/26 (85%) students scored 75% or better on project. HPET 2212 – 42/45 (93%) students passed the CPR certification test BISI 2104 – BISI 2204 -
Recommendation for changes for 2018-2019	HPET 2633 – no change HPET 2212 - change evaluation criteria to 80% of students will successfully pass the CPR test
Timeline for Review	Fall/spring data will be collected and reviewed in the spring and instructors from all campuses will determine needed adjustments.

HPER – Personal Training Option

Date	5/10/2016 Assessed again Spring 2019
Competency # and Description	1. Apply care for basic injuries
Course	HPET 2633 – Care and Prevention of Athletic Injuries HPET 2212 – First Aid
Activity	Quiz/test
Measurement	HPET 2633- Learn and identify the signs and symptoms of a concussions HPET 2212- CPR certification test with pass/fail scores
Evaluation Criteria	HPET 2633 - Students should score at least a 75% on the quiz/test question HPET 2212- 70% of students will successfully pass this test
2015-2016 Results	HPET 2633- 50 out of 50 (100%) students score 75% or better on each of the 6 questions. HPET 2212- 59 out of 59 students passed (100%)
Summary of changes for 2016-2017	Competences met. No changes recommended at this point.
Timeline for Review	Fall/spring data will be collected and reviewed in the spring and instructors from all campuses will determine needed adjustments.

Date	5/15/2017
Competency # and Description	2. Demonstrate skill set gained from clinical observation
Course	HPET 1232 – Personal Training Practicum I HPET 1242 – Personal Training Practicum II
Activity	HPET 1233 – Demonstrate proper measurement of blood pressure and resting heart rate. HPET 1243 – Demonstrate three proper weight training techniques.
Measurement	HPET 1232 – Vital Signs Activity HPET 1242 – Fitness Activity
Evaluation Criteria	HPET 1232 – Pass rate of 70% HPET 1242 – Pass rate of 70%
Timeline for Review	Fall/spring data will be collected and reviewed in the spring and instructors from all campuses will determine needed adjustments.

Date	5/22/2018
Competency # and Description	3. Describe and explain healthy lifestyle habits
Course	HPET 1113 – Nutrition HPET 1223 – Health Ed. and Wellness

Activity	HPET 1113 - The students will be given a project to demonstrate their knowledge on proper nutritional habits, caloric intake and making better meal choices. HPET 1223 - The students will be given a project to demonstrate their knowledge on proper nutritional habits, caloric intake and making better meal choices.
Measurement	HPET 1113 and 1223 – Grading rubric developed for this project
Evaluation Criteria	HPET 1113 and 1223 - Students in the course will have a 70% success rate on this project.
2017-2018 Results	HPET 1113 - 22/24 (92%) students scored 70% or better on project. HPET 1223 – 61/68 (90%) students scored 70% or better on project.
Recommendation for changes for 2018-2019	HPET 1113 – change evaluation criteria to 75% success rate HPET 1223 – change evaluation criteria to 75% success rate
Timeline for Review	Fall/spring data will be collected and reviewed in the spring and instructors from all campuses will determine needed adjustments.
Date	5/22/2018
Competency # and Description	4. Demonstrate knowledge and application of the mechanics of the human body.
Course	HPET 1233 – Intro to Personal Training I HPET 1243 – Intro to Personal Training II HPET 2633 – Care and Prevention of Athletic Injuries HPET 2212 – First Aid
Activity	HPET 1233 – Body Fat Testing Activity HPET 1243 - Quiz HPET 2633 – Heat Awareness quiz HPET 2212 – CPR test
Measurement	HPET 1232 – Identify the sites used for body fat testing using skinfold calipers and utilizing the proper technique when measuring. HPET 1242 – Identify the reasons for pre-screening clients and describe reasons for test termination while training clients. HPET 2633- Learn and identify the signs and symptoms of heat illness HPET 2212- CPR certification test with pass/fail scores
Evaluation Criteria	HPET 1233 – Students should score 70% or better HPET 1243 – Students should score 70% or better HPET 2633 - Students should score at least a 75% on the quiz HPET 2212- 70% of students will successfully pass this test
2017-2018 Results	HPET 1233 – 10/10 (100%) of students passed with a 70% or better HPET 1243 – 10/10 (100%) of students passed with a 70% or better HPET 2633 - 22/26 (85%) of students passed with a 75% or better HPET 2212 – 42/45 (93%) of students passed the CPR certification test
Recommendation for changes for 2018-2019	HPET 1233 and HPET 1243 – no changes since new courses HPET 2633 – no changes HPET 2212 – change evaluation criteria to 80% of students will successfully pass the CPR test
Timeline for Review	Fall/spring data will be collected and reviewed in the spring and instructors from all campuses will determine needed adjustments.

B.3. Minimum Productivity Indicators:

Time Frame (e.g.: 5 year span)	Head Count/Graduates				
	2013-2014	2014-2015	2015-2016	2016-2017	2017-2018
Health, Physical Education, & Rec	61/25	61/25	80/15	70/22	64/17
Athletic Training	55/8	74/10	66/7	60/13	51/5
Personal Training					15/6
Total	116/33	135/35	146/22	130/35	130/28

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:

Course Number	Course Name	Sections/Average Size of Class				
		2013-2014	2014-2015	2015-2016	2016-2017	2017-2018
HPET 1132	Sports Officiating I	2/15.5	2/16	3/10.3	3/5.3	3/6.3
HPET 1142	Sports Officiating II	1/13	1/8	1/8	1/14	1/8
HPET 2053	Intro to Coaching	2/20	2/17.5	2/23	2/16.5	2/12
HPET 1950	Physical Education Field Experience	4/7	4/7.8	4/6.3	4/5.5	4/5.8
HPET 1952	Intro to HPER	2/16	2/16.5	2/13.5	2/8.5	2/8
HPET 2633	Care and Prevention of Athletic Injuries	3/16.3	3/18	3/18.7	4/15.5	4/10
HPET 2382	Athletic Training Practicum I	2/5	2/4	2/4.5	2/4	2/3
HPET 2482	Athletic Training Practicum II	2/5	2/3	2/3.5	2/2.5	2/2.5
HPET 1233	Intro to Pers Training I	-	-	-	2/6	2/6
HPET 1243	Intro to Pers Training II	-	-	-	2/6	2/5
HPET 1232	Pers Training Practicum I	-	-	-	2/4.5	2/4.5
HPET 1242	Pers Training Practicum II	-	-	-	2/4	2/4

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

Course Number	Course Name	Hours Generated				
		2013-2014	2014-2015	2015-2016	2016-2017	2017-2018
HPET 1132	Sports Officiating I	62	64	62	32	38
HPET 1142	Sports Officiating II	26	16	16	28	16
HPET 2053	Intro to Coaching	120	105	92	99	72
HPET 1950	Physical Education Field Experience	28	31	25	22	23
HPET 1952	Intro to HPER	64	66	54	34	32
HPET 2633	Care and Prevention of Athletic Injuries	147	162	168	186	120
HPET 2382	Athletic Training Practicum I	20	16	18	16	12
HPET 2482	Athletic Training Practicum II	40	12	14	10	10

HPET 1233	Intro to Pers Training I	-	-	-	36	36
HPET 1243	Intro to Pers Training II	-	-	-	36	30
HPET 1232	Pers Training Practicum I	-	-	-	18	18
HPET 1242	Pers Training Practicum II	-	-	-	16	16
Total		507	472	449	533	423

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

The average program cost for the Health, Physical Education and Recreation degree and options for a 3-credit hour program course (including salary and fringe benefits) is \$7,052.

20 courses in 5-year period were 1-credit hours at a cost of \$50,120

56 courses in 5-year period were 2-credit hours at a cost of \$263,275

35 courses in 5-year period were 3-credit hours at a cost of \$246,820

Total instructional cost for required program courses-\$560,215

Currently, all required program classes for the degree are taught by full-time faculty or assistant coaches with benefits. Additional program costs are minimal, totaling no more than \$500 for First Aid supplies to be used in teaching the First Aid class and training mannequins for CPR.

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

Course Number	Course Name	Hours Generated				
		2013-2014	2014-2015	2015-2016	2016-2017	2017-2018
HPET 1113	Nutrition	291	264	294	267	144
HPET 1223	Health Ed and Wellness	546	681	714	675	444
HPET 2212	First Aid	180	194	240	230	202
BISI 2104	Human Anatomy	440	400	500	512	592
BISI 2204	Human Physiology	380	332	432	480	524
Total		1837	1871	2180	2164	1906

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
Baggett, Julie	M.Ed., Athletic Training Certification	University of Central Oklahoma
Brown, Suzi	M.Ed., Athletic Training Certification	Southwestern Oklahoma State
DuRoy, Michael	M.Ed. In Health & Physical Education	University of Central Oklahoma
Jackson, Donnie	M.LS in Liberal Studies: Health Sciences	Fort Hayes State University
Johnston, Ashley	M.S. in Health Kinesiology Sport Studies	Texas A&M University

*Note science courses required for the program are taught by full-time faculty with a minimum of a master's degree

and 18 graduate hours in the science discipline being taught.

f. If available, information about employment or advanced studies of graduates of the program over the past five years:

2016-2025 OK labor market projections
Physical Therapist Assistant - Associate Degree Median Salary - \$26.90/hr. Growth - 35% 10 year change in jobs - 333
Occupational Therapist Assistant - Associate Degree Median Salary - \$28.00/hr. Growth - 34% 10 year change in jobs - 154
Secondary Teachers and Coaches - Bachelor's Degree Median Salary - \$23.80/hr. Growth - 8% 10 year change in jobs - 19

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

Within the past 5 years of the athletic training program, four students have graduated in an athletic training area with a bachelor's degree: 1 from OSU, 1 SNU, 2 UCO. Eight athletic training graduates are currently working on a bachelor's degree at a four-year institution. Transfer data for other majors is not available.

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.

B.5. Duplication and Demand Issues:

Address Duplication:

NA

Address Demand:

NA

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

Not available

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

An HPER advisory committee was established to address workforce needs and clarify student transfer demands.

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

Not applicable

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

Through practicum hours, the athletic training and personal training students contribute to institutional athletic events open to the community.

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:

Courses are offered online and via ITV to meet the various needs of students' schedules.

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.

Students have free access to computers and printers along with online and on-site tutoring. They also have access to the Wellness center for use in coursework. Technology uses include Blackboard and ITV with training provided to all faculty annually. IT support is provided for all technology and Blackboard is used for on-site, online, and hybrid courses so the cost of that support is shared institution-wide.

*Low Producing Program Reviews follow a different format and template.

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	Target Date
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<p>2017-2018</p> <ul style="list-style-type: none"> • We will continue to track graduation rates to meet goal of 40% graduation rate of majors using more refined tracking of majors. • We will continue to monitor the personal training program with the change in Enid instructors. There was a 40% pass rate in the certification exam for personal training in the first year the program was offered. We will work to increase the pass rate. • HPET 1223 will be revised to prepare for online Quality Matters certification. 		<p>2018-2019</p>
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Summary of Recommendations:

	Department	School/College	Institutional
Possible Recommendations:			
Expand program (# of students)	The division would like to see both the enrollment and graduation rate increase.		Retention and completion rates will continue to be tracked.