

Program Review for
Health, Physical Education, and Recreation
Associate of Science (035)
Eastern Oklahoma State College
February 4, 2019

Prepared for
Oklahoma State Regents for Higher Learning
500 Education Building, State Capitol Complex
Oklahoma City, Oklahoma 73105

Review Process

Dr. Billye Givens reviewed the Health, Physical Education and Recreation Department as guided by the Associate of Arts/Science Self-Study supplied by the Academic Vice-President. The procedure involved gathering information from the Eastern Oklahoma State College Academic Plan book, the Eastern Oklahoma State College Catalog, the Office of Academic Affairs, the Office of the Registrar, and the Eastern Oklahoma State College Library.

Name of Program

Health, Physical Education, and Recreation

Degree: Associate of Science in Health, Physical Education, and Recreation

Program Code: 035

Date of Review: February 2019 Next review: 2024

Centrality Of The Program To The Institutional Mission

The mission of Eastern Oklahoma State College is to provide the educational tools and environment to facilitate student learning through its associate degrees and other academic programs which effectively prepare graduates to enter their chosen vocational field or to continue their educational experience through baccalaureate degree programs. It is also the mission of the College to engage in educational programming and related activities that promote regional economic and community development.

The A.S. in Health, Physical Education and Recreation (HPER) is designed to outline the freshman and sophomore years of study for students who plan to teach physical fitness, activities, and other health-related subjects, such as weight control in the community and

commercial gyms, YMCA's, community youth sport programs, and business fitness centers. The program, as annotated, will also prepare students to pursue teacher certification programs at universities.

Program Objectives and Goals:

Goals:

The overall program will promote student learning in the six components of wellness:

1. Physical Health
2. Emotional Health
3. Intellectual Health
4. Spiritual Health
5. Social Health
6. Environmental Health

Objectives:

The objectives of the program will include psychomotor, cognitive, and affective domains.

1. The student will learn about all the behaviors that keep one's body healthy, such as physical fitness, proper nutrition and personal safety. The student will be introduced to life-time physical activities and sports.
2. The student will learn healthy emotional or mental health through stress reduction activities and developing social skills through physical activity.
3. The student will learn how to maintain intellectual health by learning strategy and keeping his or her mind active through life-long learning.
4. The student will learn optimal spiritual health through understanding his or her basic purpose in life.

5. The student will develop social health through interaction in team activities.
6. The student will learn the importance of environment on his or her health.

Quality Indicators:

Student learning outcomes will be evaluated in course-embedded assessment. Effective teaching will be monitored by department chair yearly evaluations of faculty. Student evaluations of faculty occur each semester.

Productivity for 2014-2018

Number of Degrees:

2014-15: 5

2015-16: 2

2016-17: 4

2017-18: 1

2018-19: Yet to be determined

Number of Majors:

2014-15: 28

2015-16: 34

2016-17: 48

2017-18: 55

2018-19: 51

Number of Courses for Major:

Year	Hper 1013	Hper 1021	Hper 1102	Hper 1113	Hper 1613	Hper 2102	Hper 2121
2014-15	28	50	30	154	51	94	12
2015-16	51	40	16	118	60	101	8
2016-17	69	47	38	80	51	84	18
2017-18	51	48	24	133	68	77	17
2018-19	69	56	31	131	47	53	18

Number of Courses for Major: Core-5

Student Credit Hour in Major: 63

Direct Instructional Cost: The approximate cost of instruction for HPER majors is \$2,000 per FTE.

Supporting Credit Hour Production: Red Cross supports CPR and First Aid training.

Roster of faculty members:

Kendra Whisenhunt: BS, 2011, University of Arkansas-Monticello

HPER 1013- Foundation of PE

HPER 1102-School and Community Health

HPER 1113-Health Concepts

Loma Messex-MS 1977, East Texas State University

HPER 1021-CPR for the Professional

HPER 1601-Water Exercises

John Spiegel-MS, 2009, East Central University

HPER 1613- Care and Prevention of Athletic Injury

HPER 2102-First Aid

HPER 2121-Lifeguard Training

Effective Use of Resources:

The HPER Department has no full-time instructors.

Strengths and Weaknesses:

The strength of the program is that the enrollment in HPER classes is very good. The weakness is that the number of graduates is lower than those taking the classes. There is a variety of reasons for students taking HPER classes besides being majors, so that is not a serious weakness.

Recommendations:

A full-time instructor is needed. Although the adjunct instructors do a good job, it would help the program to have a full-time instructor. Hopefully, the budget will improve and make this possible.