

**School of Applied Health and Educational Psychology**  
**Health Promotion**

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Degree Program(s) Assessed	Assessment Methods	Number of Individuals Assessed
Bachelor of Science in Health Promotion	Senior Capstone Course	29/29
	Completion of Internships	27/28
	Internship exit interviews	27/27
	Alumni Survey	16
	Certification Exams	31
	Projects in Program Design	40
	Number of Students Placed in the Field	17/27
	Number of Students Graduating	27

**Analysis and Findings:**

Students participating in the pre internship experience presented power point presentation to the class regarding potential internship sites. This experience gave the students an opportunity to research a variety of internship sites both in and out of state. Students also developed portfolio's that included such areas as philosophies, professional goals, and mock interviews that later will be expanded in their internship experience.

Twenty seven of twenty eight students successfully completed a 520 hour internship with at least a passing grade of 80%. Fourteen of the 27 students chose internships out of state, while 13 stayed in Oklahoma for this experience. Students returned back to campus for an exit interview, an oral presentation, submitted the completed portfolio which included an assessment of the site, and completed an assessment survey regarding the health promotion program. This experience afforded them an opportunity to work as a health promotion professional for a period of approximately 13 weeks.

All twenty seven students successfully completing the internship experience participated in an exit interview with the health promotion faculty. Students discussed both the positive aspects of the program and those areas that they felt needed some improvement. Students felt that they were well prepared for the internship and the learning goals were helpful in giving them direction throughout the internship experience. Redundancy in several courses was cited as a concern and students needed more hands on experience in laboratory skills such as body fat and blood pressure measures.

The results of the 2002 alumni survey stressed the importance and need for students gaining certifications in the health field. These certifications would enhance student's opportunities for future employment. The addition of a sports nutrition class was also cited as a need in the program.

Certification exams (CPR and First Aid) are required for the internship in health promotion so all 27 students received both of these certifications. In addition four students participated in the ACSM Health and Fitness Instructor workshop and sat for the certification exam. Results of this exam are pending. Certifications are an important aspect of the health promotion field and students are encouraged to gain certifications in areas such as American College of Sports Medicine, Certified Health Education Specialist, National Strength and Conditioning Association and American Council on Exercise.

Information gathered from the groups in informal discussions, as well as the formal instructor evaluations indicated the need for increasing opportunities for such projects in order to provide practical applications for classroom learning. Such projects will be implemented for the next year.

The number of students gaining employment in the health field included seventeen students. Four students have been or in the process of being accepted into a health professional school and four are in graduate school. Two students are employed in an unrelated field.

The number of students graduating this past year was twenty seven. Enrollment continues to remain stable. We are in the process of establishing an undergraduate health promotion program in Tulsa-OSU. Currently there are four HHP majors in OSU-Tulsa and approximately fourteen students that are completing prerequisites at Tulsa Community College. As of August we will have a full time faculty at OSU-Tulsa working in the area of health promotion.

### **Application of Assessment Results:**

As a result of researching potential internship sites, students are able to discern excellent, good and poor sites. They have more insight for out of state and in state possibilities for internships and future employment. The portfolios have been helpful in expanding the students understanding of the internship and eventually a framework for developing a job portfolio.

The completing of the intern process has allowed the student an invaluable opportunity to see first hand the duties and responsibilities of a health related setting. Students may decide that is not the setting that they prefer and look into further possibilities, however many of the interns have secured jobs at the site of their internship. Next year students will display internship posters related to their internship experience in a public forum so students and faculty can become more knowledgeable regarding the field of health promotion.

As a result of the feedback gleaned from the exit exams, the health promotion faculty addressed the issue of course redundancy and revised both the HHP 4503 course and the HHP 4533 course to better meet the needs of the students. Also the NSCI Sports nutrition class will be available as an option nutrition course. Assessment results will be shared with faculty on a regular basis during regularly scheduled faculty meetings.

One of the suggestions cited in the alumni survey was to modernize the laboratory and physiology equipment. A large amount of equipment has been purchased for the new physiology lab that will be completed in May 2004. A physiology lab and new equipment will be available at OSU-Tulsa in fall of 2003.

Certification exams will continue to be stressed in the health promotion curriculum. The results of the exams will be assessed to analyze areas that demonstrate both strong and weak skills.

Information gathered from the groups informal discussions, as well as the formal instructor evaluation, indicated the need for increasing opportunities for small group projects in order to provide practical applications for classroom learning. Such projects will be implemented for the next year.

The job database will continue to be updated to better inform students of job opportunities. The alumni health promotion student list has been updated and revised to better track our former students.

Faculty will continue to provide the knowledge, skills and guidance to health promotion students so they will be prepared to successfully graduate, pursue jobs in health promotion, and attend graduate school or professional school.