



Program Review Report

Department of Health and Sport Sciences
College of Education
The University of Memphis

October 15, 2008

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Information which follows is based on data from the Office of Institutional Research, the 10-Year Annual Program Review conducted in 2007, and feedback from faculty in each of the department's four academic areas: Exercise and Sport Science (EXSS), Health Promotion and Nutrition (HPRO/NUTR), Physical Education Teacher Education (PETE), and Sport and Leisure Studies (SLS).

Department Focus Areas

1. Focus Area Faculty

- a. Focus Area: Exercise and Sport Science
Faculty: Rick Bloomer (Unit Coordinator), Yuhua Li, Brian Schilling, Larry Weiss, and Andrea Wilson (1-yr appt).
One 'conditional' tenure-track position search in progress (#002770).
One tenure-track position on hold, pending further review (#001121).
- b. Focus Area: Health Promotion and Nutrition
Faculty: Jebose Okwumabua (Unit Coordinator), Randy Buddington, Carol Eady, Beth Egan, Wasim Maziak, Charles Mazzone, Barbara McClanahan, Robin Roach, Terra Smith, Shelly Stockton, Ken Ward, Ruth Williams, and Tod Underhill.
- c. Focus Area: Physical Education Teacher Education
Faculty: Paul Wright (Unit Coordinator), Diane Coleman (Campus School), Ben Dyson, Carol Irwin, Harriette Lavenue (Coordinator/PHED), Sharon VanOteghen, Larry Liles.
- d. Focus Area: Sport and Leisure Studies
Faculty: Dick Irwin (Unit Coordinator), Joris Drayer, Wayne Gutch, Mike Huffman, Nathan Martin, Sally Ross, Tim Ryan, and Stan Walls.

2. Focus Area Faculty Changes Since Last Program Review (Dec 2006)

- a. EXSS
New faculty: Andrea Wilson (1 yr appt)
Resignations: Andy Fry, Mary Fry
- b. HPRO/NUTR
New faculty: Randy Buddington, Beth Egan, Ruth Williams
Retirements: Linda Clemens, Eddie Ellsworth, Frank Rosato
- c. PETE
New faculty: Carol Irwin
Resignation: Weidong Li
- d. SLS
New faculty: Joris Drayer, Nathan Martin, Sally Ross, Tim Ryan
Resignations: John Amis (Fogelman College), Richard Southall, Deborah Southall, Anne Marx

3. Focus Area Updates

The Exercise and Sport Science unit is poised for national prominence. Faculty have developed well-established research agendas that focus on biochemical measures of health and human performance, performance testing, biomechanics, exercise physiology, and motor learning. Collaborations include the Center for Community Health, Departments of Biology, Psychology, and Mechanical Engineering, and both Physical Therapy and Neurology at the University of Tennessee Center for Health Sciences. Industry grants have funded research projects resulting in a prolific number of scholarly publications in top-tier scientific journals. The Exercise and Sport program is positioned to deliver a quality PhD program that is currently being reviewed.

Health Promotion and Nutrition faculty are engaged in research and outreach activities that impact the health and wellness of the local and global community. Several strong partnerships exist with YMCAs, school systems, mental health facilities, and multiple health organizations. Faculty members are involved in nationally-funded initiatives and have received National Institutes of Health grant funding. International initiatives include the establishment and directorship of the Syrian Center for Tobacco Studies and development of study abroad short courses in Central America, Europe, and Asia. New research initiatives support potential interdisciplinary collaborations and include industry-funded studies to evaluate physiological responses to varied nutritional products using animal models and clinical studies. Faculty members who specialize in health counseling, adolescent obesity, research and statistics, smoking cessation, international health, nutritional supplementation, and clinical nutrition position this program area for a promising future.

The Physical Education Teacher Education area is making an impact locally, nationally, and internationally by establishing itself as a model program for urban teacher education. The program recently received full accreditation by the National Council for Accreditation of Teacher Education (NCATE) and the Tennessee Board of Education (TBE). Strong partnerships exist with the Memphis and Shelby County Schools. Collaborations include the Departments of Instruction and Curriculum Leadership, Counseling and Educational Psychology Research, Psychology, the Center for Community Health, Center for Research and Educational Policy, and Leadership. PETE faculty have partnered with Bridges, Inc., the Campus School, the American Heart Association, the YMCA, and the Shrine School. During the past two years grants from the Robert Wood Johnson Foundation, USA Swimming, the American Association for Physical Activity and Recreation, and most recently, the Department of Health and Human Services have energized the research activity. Faculty publish evaluation reports, book chapters, local, national, and international peer-reviewed publications and conference abstracts that address clear and pressing issues in the field.

The Sport and Leisure Studies area is actively engaged in local, regional, and national projects involving professional sports franchises, sporting events, and the leisure industry. Local events such as the Liberty Bowl, FedEx Golf Tournament, Southern Heritage Classic, and Memphis in May, and sport franchises such as Memphis Grizzlies, Memphis Redbirds, and Memphis Riverkings have benefited from faculty and student expertise. Faculty conduct research on organizational culture, gender issues in athletics, organizational image and reputation, spectator profiling, visitor profiling, economic impact studies, and sport sponsorship. Faculty are recognized internationally and have established strong networks in the sport marketing and sport management areas. A training model in sport ticket sales receives high praise from both academics and practitioners. This area continues to graduate the largest number of undergraduate

and graduate students in the department. It has an excellent potential to emerge in the national spotlight especially with the successful recruitment of four new faculty during the past two years.

Enrollment Trends

1. Undergraduate

During the past three years there has been a 57% increase in the number of degrees awarded to Health and Human Performance majors, due to the increased number of students completing the Exercise and Sport program. This increase is expected to continue due to healthy enrollments in both the Exercise Science and Dietetics concentrations, and with the new concentration, Health Promotion and Lifestyle Management, that began enrollment in the Fall 2008 with 9 declared majors. The Sport and Leisure Management major has also experienced a 32% increase in degrees awarded since the last program review (2006). The Physical Education Teacher Education major has awarded fewer degrees, although enrollment in the program is healthy with 86 majors enrolled during the Fall 2008. Program retention needs to be addressed. The PETE program received full accreditation by NCATE and the Tennessee Board of Education this year. The program rigor for the PETE majors has increased with curriculum and program changes over the past few years. This undergraduate licensure program meets a critical job market demand locally (W. TN, AR, MS). Departmentally there has been a steady increase each year in degrees awarded over the past three years. In 2008 the number of degrees awarded is at a five-year high.

Credit hour production in all major/concentration areas has increased significantly over the past three years. Percent increases from 2006-2008 are: EXSS- 15%; HPRO- 50%; NUTR- 28%; PETE- 27%; SLM- 8%. The HMSE credit hours continue to decrease- 18%, as expected, with deletion of the HMSE general education course, but are expected to stabilize now to reflect enrollment of HSS students in their HMSE 4999 Senior Project course. An unexpected 3% increase in credit hours in Physical Education courses (PHED) has occurred, even though these courses are no longer required. This is thought to be due, in part, to the addition of new popular courses like ballroom dancing, beach volleyball, tai chi, modern fencing, and universal survival techniques. Departmentally the 2008 credit hour production is at a five-year high.

BSED Degrees Awarded Last 5 Years¹

MAJOR/Concentration	003-004	004-005	005-006	006-007	007-008	5-YR AV
HEALTH & HUMAN PERFORMANCE/	12	8	18	30	42	22.0
Dietetics *	6	5	8	7	7	6.6
Exercise & Sport Science**	6	3	10	23	35	15.4
Health Promotion & Lifestyle Mgmt ***	x	x	x	x	x	x
PHYSICAL EDUCATION TEACHER EDUCATION	14	11	11	4	5	9.0
SPORT & LEISURE MANAGEMENT	29	37	26	39	38	33.8
TOTAL	55	56	55	73	85	64.8

¹ Data from Office of Institutional Research

* Data from CADE Annual Report (Dietetics moved from CSED 2004)

** Was Exercise & Health Prom until 2004

*** New concentration Fall 2008

Enrollment by Major and Concentration for Fall 2008¹

MAJOR/Concentration	Headcount
HEALTH & HUMAN PERFORMANCE/	153
Dietetics	40
Exercise & Sport Science	104
Health Promotion & Lifestyle Mgmt	9*
PHYSICAL EDUCATION TEACHER EDUCATION	86
SPORT & LEISURE MANAGEMENT	157
TOTAL	396

¹Data from Office of Institutional Research

* HSS Data

Credit Hour Production – Last 5 Years¹

HSS Undergrad credit hrs	2004	2005	2006	2007	2008	5-YR AV
EXSS	1313	1290	1255	1301	1474	1327
HPRO	(0)	99	195	354	387	259 (4yr)
NUTR	(0)	1041	1012	1239	1413	1176 (4yr)
PETE	342	297	335	447	457	376
SLS/SLC	1602	1544	1609	1610	1748	1623
HMSE	1472	675	553	496	453	730
PHED	2292	2022	2234	1968	2308	2165
TOTAL	7021	6968	7193	7415	8240	7367

¹ Data from Office of Institutional Research

2. Graduate

During the past five years the overall number of MS HMSE degrees awarded has remained steady, although, fewer than desired. The Sport and Leisure Commerce graduates account for at least 50% of the HMSE degrees. Health Promotion began a revised curriculum in the Fall 2006 that has slightly increased their number of graduates. The Fall 2008 increase in Physical Education Teacher Education majors predicts an increase in degrees over time. Retention and/or recruitment of HMSE students in each concentration area needs to be addressed. The Clinical Nutrition program continues to graduate a cohort of 8 students each year. The cohort was increased to 10 students in 2007. The Exercise and Sport Science program is professionally viewed as an outstanding program due to the exceptional faculty scholarship, however, a major recruitment obstacle is the lack of available graduate assistantships.

Credit hour production has either increased or remained stable for each program during the past three years. Percent increases from 2006-2008 are: HPRO- 55%; NUTR- 12%; and, PETE- 42%. Overall there has been a 12.6% increase in credit hour production for all HSS graduate prefixes (2006-2008).

MS Degrees Awarded Last 5 Years ¹

MAJOR/Concentration	003-004	004-005	005-006	006-007	007-008	5-YR AV
HUMAN MOVEMENT SCIENCE	16	30	17	18	21	20.4
Exercise & Sport Science	4	5	2	4	6	4.2
Health Promotion	3	4	1	2	4	2.8
Physical Ed Teacher Ed	1	3	1	0	1	1.2
Sport & Leisure Commerce	8	18	13	12	10	12.2
CLINICAL NUTRITION	8	8	8	8	8	8.0
TOTAL	24	38	25	26	29	28.4

¹Data from Office of Institutional Research

Enrollment by Major and Concentration for Fall 2008¹

MAJOR/Concentration	Headcount
HUMAN MOVEMENT SCIENCE	34
Exercise & Sport Science	5
Health Promotion	8
Physical Ed Teacher Ed	11
Sport & Leisure Commerce	10
CLINICAL NUTRITION	23
TOTAL	58

¹Data from Office of Institutional Research

Credit Hour Production – Last 5 Years ¹

HSS Graduate credit hrs	2004	2005	2006	2007	2008	5-YR AV
EXSS	93	99	72	99	72	87
HPRO	21	63	15	58	33	38
NUTR	0	105	106	80	121	103 (4 yr av)
PETE	57	27	28	30	48	38
SLS/SLC	174	165	114	147	105	141
HMSE	79	25	80	77	77	68
TOTAL	424	484	415	491	456	475

¹Data from Office of Institutional Research

3. Overall Credit Hour Production

The Department of Health and Sport Sciences is one of two departments in the College of Education contributing significantly to the total credit hour production at the university for Fall 2008. This is significant considering these two COE departments do not offer a required general education course, unlike the other high credit-hour producing departments.

Credit Hour Production within the University for Fall 2008¹

College Offering Course	Credit Hours
Arts & Sciences	
English	20,678
History	13,202
Math	11,137
Foreign Language	9,554
Biology	8,999
Psychology	8,350
College of Education	
Instr & Curriculum Leadership	9,262
Health & Sport Sciences	9,200
School of Nursing	
	7,950
Comm & Fine Arts	
Music	7,268
Comm	7,024
Art	6,742

¹Data from Office of Institutional Research

Research, Recruitment, Retention New Initiatives, Major Accomplishments

Research

The funding period for \$5.4m in sponsored research ended this year. Newly funded collaborative projects since the last program review total approximately \$5m and include:

- \$3.5m NIH grants that focus on tobacco research[K. Ward: \$1,659,605 (07-11); \$125,000 (06-09); and W. Maziak: \$1,701,626 (07-12); \$30,000 (08-09)].
- \$1.0 m Industry-funded grants that focus on the effects of nutritional products/supplements on human health and performance/physiological responses.
[R. Bloomer: Vital Pharmaceuticals \$62,909 (08-09); Champion Nutrition \$31,482 (08-09); \$66,774 (07-09); Minami Nutrition \$82,611 (07-09); and, R. Buddington: Trillium Therapeutics \$80,901; Shire Pharmaceuticals \$377,154 & \$279,698; SG Plus \$170,199; and Aker Biomarine \$9765.]
- \$141,000 Foundation grants [R. Irwin: Memphis Grizzlies Foundation \$42,000 (08-10); and, K. Ward: American Legacy Foundation \$99,000].
- \$360,000 DHHS grant to evaluate the new \$12m National Center for Physical Development and Outdoor Play. [P. Wright: \$360,000 (08-12)].

Eleven faculty members (1/3 of the HSS faculty) currently have grant proposals being reviewed totaling over \$6m. The successful track records of Drs. K. Ward and W. Maziak best position them for continued interdisciplinary, collaborative funding. Dr. K. Ward has been a valuable mentor to several HSS faculty in developing grant proposals that are interdisciplinary and

collaborative. His hands-on mentoring approach is a mentoring model that works. Health Promotion, Nutrition, and Physical Education Teacher Education faculty are well- positioned for collaborative funding. With the increasing awareness of the links among exercise, diet, and health the department should take a lead with these initiatives. With the strong medical/ biomedical community interdisciplinary work with Exercise Science faculty and biomedical engineering, UT Memphis, and local industries could provide fundable studies. To address urban health issues opportunities exist with public health, nutrition, physical education, and sport management. As a recent example, sport management faculty are interested in the environmental impact of sporting events. Educating the faculty about the research incentive pay program and variable teaching loads may increase grant submissions.

Sponsored Research Funding¹

Department	2005-2006	2006-2007	2007-2008
Health & Sport Sciences	\$1,690,105	\$1,185,716	\$1,283,622

¹ Totals from Research Support Services

Recruitment

Recruitment initiatives in the department during the past two years include the following.

New Faculty

-Competitive hiring of six outstanding new faculty who received startup funds/moving expenses has provided quality scholarship, mentorship, and leadership for the PETE, SLM, and NUTR programs.

-The new Research Professor position has strengthened the clinical nutrition curriculum. Dr. Buddington’s sponsored research has funded three graduate assistantships plus additional student research experiences/stipends and new major equipment purchases.

-Acquiring the position and hiring an Instructor/Clinical Coordinator in Clinical Nutrition has maintained quality in teaching, secured affiliation agreements with over 75 registered dietitians in the area, and continued a competitive applicant selection process. The class of ten clinical nutrition students entering Fall 2008 are graduates of Texas Tech University, the University of Tennessee Knoxville, Michigan State University, Texas Christian University, Harding University, Middle Tennessee State University, Clemson University, The University of Memphis, University of Connecticut, and Concordia College Minnesota.

Success in hiring each of the faculty is also viewed as a significant student retention effort.

Recruitment Events

-Our Academic Services Coordinator, Ms. C. Little, has been involved in the following recruitment efforts: Agricenter Senior Night, Discover Your Major Day, Campus Day, U of M Student Health Fair, U of M Graduate Recruitment Fair, out-of-town recruitment events in Paris, TN and Jackson, TN, and mailings to high school guidance counselors. She is currently planning an on campus recruitment event for 9th and 10th grade girls interested in nutrition, health promotion, exercise science, physical education, and/or sport management.

-PETE faculty will be involved in a focused recruitment effort for PETE students at the annual Tennessee state conference.

-Clinical nutrition faculty participate in student recruitment efforts at the University of Tennessee Knoxville, The University of Mississippi, and Mississippi State University.

PhD in Health and Sport Sciences

-The proposed PhD program in Health and Sport Science with a major field in Exercise Science was site- visited in September 2008 by TBR and THEC. The program is currently waiting for the site visit report to determine the next step. The Exercise Science faculty members have a research agenda that is ready to recruit its first class of doctoral students.

Department Website

-The department website has ongoing revisions due to the skills of Chad Beaumont, HSS Office Associate. Currently the entire website is being changed to reflect the marketing and recruitment focus of the university. The department is working with Jim Harris to provide a 'template' for the college. Students have been requested to write brief biographies about their experiences at the U of M, have their pictures made, and give permission to be featured on the HSS website. The large number of student responses and student interest has been impressive.

-The inaugural edition of the HSS Department Newsletter was posted online in September 2008. Three editions/yr are planned to highlight student, faculty, and staff accomplishments/involvements. One newsletter edition will focus on the graduate assistants, and one edition on the diversity aspects of the department.

Program Accreditation

The Sport and Leisure Commerce program is planning to seek accreditation from the Commission on Sport Management Accreditation (www.cosmaweb.org).

Upon approval from College administration, the Exercise and Sport Science program will be submitting application materials for accreditation from the Commission on Accreditation for the Exercise Sciences (www.coaes.org).

Online Degree

The graduate program in Sport and Leisure Commerce plans to implement an online degree program in the Fall 2009. Incentives through Extended Programs are enabling course/program development. Offering the graduate program in Health Promotion online is being considered.

Online, Distance Education, Evening Courses

A new online course, HMSE 2102, was developed this year and 4 additional online sections of NUTR 2202 will be offered in 2009. Several off campus offerings in Covington, Bartlett, Collierville, and Millington continue, as well as, several Saturday classes. Twenty percent of all course sections are offered late afternoon or evening.

Retention

Curriculum Changes

Several curriculum changes have been made to address student retention.

The undergraduate PETE program added the two-semester Anatomy and Physiology sequence and EXSS 3700 Exercise Physiology, as required courses. By increasing the academic rigor and expectations earlier in the program students may be better prepared and more successful in completing the program.

A new course, NUTR 2102 Introduction to Dietetics, was added this fall as a required dietetics course. The course provides new majors with immersion into the professional and academic expectations needed to succeed in the program/profession. It is hoped that early exposure to professional opportunities, to 'a day in the life of a registered dietitian', and to working with discipline-specific websites, applications, position papers and processes will improve retention. Forty-one students enrolled in the course this fall.

All upper division SLS/SLC courses are now 'permit only' to ensure that majors can enroll in required courses towards program completion.

The Exercise and Science undergraduate program is considering a pre-physical therapy concentration which would require prerequisite course completion prior to program acceptance. Once accepted into the program, the competitive student cohort is more likely to graduate.

Advising Processes

A newly developed departmental *Advising Syllabus* is posted on the department website and distributed to all majors via email and during the initial department advising sessions. It includes registration/application dates and deadlines, processes, contact information, and student learning outcomes and expectations from the time of admission to graduation.

Graduate Student Orientation

A department graduate student orientation has successfully been offered for the past two years during the week before fall classes begin. Based on student evaluations the immediate connection with other graduate students and faculty and providing departmental processes and expectations has been a positive experience on several levels.

Fresh Connections

Fresh Connections programs have improved retention; therefore, the department is currently working to develop a connection proposal for Fall 2009, *Nutrition and Health- Applications for the Global Family*. It is designed to attract students majoring in Health and Human Performance (EXSS, Dietetics, HPRO) who are required to take NUTR 2202 Nutrition, SOCI/CSED 2101 Family in Global Perspective, and COMM 2381 Oral Communications. PETE and SLC students would also be eligible. The focus is on healthy nutrition applications for family members throughout the life cycle. Global issues impacting nutrition/food choices will be addressed in the course.

Student Leader Recognition

The first annual *Outstanding Students in HSS Recognition Breakfast* was held in April 2008. HSS students with leadership roles on campus and in the department and community were

honored. Faculty participation was almost 100%. Certificates and faculty and peer recognition emphasized departmental support for our students' leadership commitments.

Study Abroad

The department-led study abroad program is considered a competitive recruitment and retention program. A curriculum strength that has promoted study abroad programs for HSS students is built into the HMSE 4999 Senior Project required course. Students may select to complete a research project, service-learning project, or approved study abroad program that each culminate in a professional paper and presentation. This option along with the increased number of study abroad scholarships available from the university has resulted in more students selecting the study abroad option.

Department-led study abroad opportunities have been available to HSS students for about eight years. Dr. J. Amis leads the successful 'Sport and Culture in the Global Marketplace' summer program in London. It is a joint program with the University of Maryland at College Park. Dr. R. Roach leads the 'Nutrition and Natural Healing' summer course in Belize every other year. Dr. Y. Li led a pilot course 'Traditional Chinese Health: Shanghai Experience' during the summer 2008. Based on its success, she will offer the course again in the summer 2010.

Dr. R. Roach will offer the newest study abroad course during the summer 2009 'Nutrition, Wellness, and Health in Switzerland'. This is a consortium course so recruitment will take place nationally and internationally for students to enroll at the University of Memphis.

Internships

All undergraduate students are required to complete an internship course (or student teaching in the case of PETE students) as their culminating experience (3-12 credit hours). Students, almost exclusively, have positive internship experiences resulting in letters of recommendation, job leads, or job offers. During 2008 sixty-eight (68) students completed or are currently enrolled in their internship course. Some of the current internship sites include Baptist Hospital Cardiac Wellness, Campbell's Clinic, Fed Ex Wellness Center, Harbor of Health Wellness Center, Hope and Healing Center, YMCA's, Lebonheur Children's Hospital, Arkansas State Parks, Boy Scouts of America, Boy's & Girls' Clubs of Memphis, Graceland Mansion, Kroger St. Jude International Indoor Tennis Tournament, Memphis in May, Memphis International Motor Sports Park, Tennessee State Parks, Disneyworld, Miami Dolphins, Tiger Sport Properties, St. Jude Children's Research Hospital, and Methodist University Healthcare. Internships are viewed as an essential component in academic preparation and retention of students, but determining how to reward and/or recognize preceptors is an ongoing challenge.

Summary

The Department of Health and Sport Sciences strengths include:

- growth in the number of undergraduate degrees
- increase in credit hour production- overall, undergraduate, and graduate
- \$5m in sponsored research with additional proposals pending and others being developed
- hiring of six new faculty members
- one step closer to offering the department's first doctoral program
- development of online graduate programs (SLC, HPRO) and additional online courses
- programs positioned for new accreditations (SLC, EXSS)
- staff and faculty efforts focused on recruitment and retention (events, website, advising)
- comprehensive undergraduate internship program
- expanding study abroad program

