

Course Assessment – Part A: Your Plan

#48

Your Email *

Please select your course & name from the list. Contact Instructional Services if your course or name are incorrect or missing

HPE 295 – Hughes

Outcome #1 *

Upon successful completion of HPE 295 students should be able to:

Apply behavior change theories to assess and self reflect on health and fitness status

Outcome #2 *

Upon successful completion of HPE 295 students should be able to:

Apply and evaluate wellness concepts that promote health and fitness

Outcome #3 *

Upon successful completion of HPE 295 students should be able to:

Explore activity options to maintain and/or improve lifelong health and fitness

Have you completed an assessment for this course prior to this term?

Yes

If yes, are you assessing different outcomes?

No

Comments:

2. To which degree, certificate or program outcomes do these course outcomes map? Degree, Certificate & Program Outcomes can be found at:
<http://www.cgcc.edu/curriculum/program-outcomes>

- Associate of Arts Oregon Transfer

Outcome #1 Method to assess student understanding *

After reading the course material on Behavior Modification, students will complete a Wellness Lifestyle Questionnaire to analyze current lifestyle habits and determine their current stage of change (Transtheoretical Model) in relation to wellness. Students will then develop SMART goals to initiate behavioral change.

Outcome #2 Method to assess student understanding *

Students will submit weekly fitness logs that utilize exercise prescription skills such as overload, progression and regularity (FITT).

Outcome #3 Method to assess student understanding * Students will complete writing assignments after viewing videos, that have them reflect on a variety of exercise and nutritional programs.

4. How will you know if you were successful in your efforts to teach this outcome? Outcome #1 * Students will be able to identify their current stage in the Transtheoretical Model and complete a SMART goal assignment that develops a behavior modification plan for willful change in wellness.

How will you know if you were successful in your efforts to teach this outcome? Outcome #2 * 100% of active students submit weekly fitness logs that detail their exercise program utilizing exercise prescription terminology.

How will you know if you were successful in your efforts to teach this outcome? Outcome #3 * 100% of active students will submit assignments that involve critically reflecting on exercise and nutritional programs and how they may or may not be beneficial in their quest for lifetime wellness.

#1 Was the textbook useful to you for acquiring information on lifetime wellness.

#2 Will the information presented in this class beneficial to you?

Do you require the names of students who complete the course evaluation survey? * • Yes

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