

Course Assessment– Part B: Your Results & Analysis

#87

Your Email *

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

HPE 295 Health & Fitness for Life – Hughes

Results

1a. Report the outcome achievement data gathered via the assignments, test, etc. you identified in question 3 of your Part A. *

Outcome 1: 90% of students were able to complete a Wellness Lifestyle Questionnaire to analyze current lifestyle habits and determine their current stage of change (Transtheoretical Model) in relation to wellness and then develop SMART goals to initiate behavioral change.

Outcome 2: 90% of students submitted weekly fitness logs that utilize exercise prescription skills such as overload, progression and regularity (FITT).

Outcome 3: 90% of students completed writing assignments after viewing videos, that have them reflect on a variety of exercise and nutritional programs.

1b. Report the percentage of students who mastered each outcome that you identified in question 3 of your Part A.

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 #1 *

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.

% of students who successfully achieved the outcome: *

90% of students who completed the course

Outcome #2 *

Upon successful completion of HPE 295 students should be able to: Apply and evaluate wellness concepts that promote health and fitness.

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

% of students who successfully achieved the outcome: *

90%

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.

Students will complete writing assignments after viewing videos, that have them reflect on a variety of exercise and nutritional programs.

% of students who successfully achieved the outcome: *

90%

Reflect on you assessment results and provide analysis, considering what contributes to student success and/or lack of success. Include feedback from student course evaluations as appropriate. *

The biggest factor for success is the student's time management skills. HPE 295 is a fully online course that requires the student to complete weekly unit sections that involve chapter quizzes, forum posts, application assignment on the week's material and a fitness log. Student's who start to miss submission dates end up not being as successful as those students who stay on top of the required work.

Based on your analysis in the questions above, what course adjustments are warranted (curricular, pedagogical, etc.)? *

As this time I can't think of any course adjustments. I do try and send out weekly reminders to keep up on the work.

What resources would be required to implement your recommended course adjustments (materials, training, equipment, etc.)? What Budget implications result? *

Perhaps to eliminate the fitness log requirement, the college could give each student a Fitbit fitness tracker that automatically records and sends the student's weekly fitness results to the instructor.

Were your assessment methods accurate indicators of student learning? Why or why not? Any additional comments?

I believe my assessment methods are accurate indicators of student learning as the quizzes test for cognitive learning and the assignments require application of this learning to the student's own wellness.

(OPTIONAL) Reflect on any adjustments you made from the last assessment of this course and their effectiveness in student achievement of outcomes?

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