

# Course Assessment – Part A: Your Plan

#155

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 &amp; Fitness for Life – Hughes – Fall 2016

Part A: Your Plan  
[Directions](#)

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

1. Choose three of your course outcomes to assess and report on this term (these will also be used in your Student Course Evaluation survey):

Outcome #1 \*

Outcome #2 \*

Apply and evaluate wellness concepts that promote health and fitness

Outcome #3 \*

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](#)

- TRANSFER AND GENERAL DEGREES

Method of Assessment

3. What methods will be used to assess individual student understanding of each of these outcomes? (Please be specific.)

Outcome 1: All students will complete a Wellness Lifestyle Questionnaire to analyze current lifestyle habits and determine their current stage of change (Trans-theoretical Model) in relation to wellness and then develop SMART goals to initiate behavioral change.

Outcome #1: Method to assess student understanding \*

Outcome #2: Method to assess student understanding \*

All students will submit weekly fitness log that demonstrates knowledge of an effective exercise plan (FITT). Students will evaluate example exercise plans and determine if these plans satisfying the exercise prescription model.

Outcome #3: Method to assess student understanding \*

Students will submit a report after exploring exercise sites on the internet and describe the necessary equipment and apps available for the activities researched.

4. How will you know if you were successful in your efforts to teach this outcome?

All students are able to assess their current stage of change and create a goal setting plan that facilitates behavioral change.

Outcome #1: \*

Outcome #2: How will you know if you were successful in your efforts to teach this outcome? \*

All students submit weekly exercise logs that contain the key components of an exercise plan (progression, overload and regularity).

Outcome #3: How will you know if you were successful in your efforts to teach this outcome? \*

All students submit a report that details exercise activities, equipment needed and apps that would promote exercise adherence.

5. Instructor Questions

Did you find the text book beneficial?

Create two course specific questions to be included on the Student Course Evaluation.

#1

#2

After taking HPE 295, are you better able to apply wellness concepts in your own daily life?

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

- No

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