

# Course Assessment – Part A: Your Plan

#318

Your Email \*

Please select your course & name from the drop-down menu. Contact Instructional Services if your course or name are incorrect or missing

HPE 295 – Health & Fitness for Life –1092981 – Andrew Hughes – Fall 2018

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(s) or certificate(s) does your course map?

[Degree, Certificate, & Program Outcomes](#)

- Not Sure
- TRANSFER AND GENERAL DEGREES

Method of Assessment

Wellness Questionnaire/Assessment.  
 SMART goal setting assignment.

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

Outcome #1: Method to assess student understanding \*

Outcome #2: Method to assess student understanding \*

Weekly Fitness logs using FITT principles (Records, journals or portfolios documenting activities and progression).  
 Weekly quizzes over textbook chapters.  
 Nutrition Assessment.

Outcome #3: Method to assess student understanding \*

Written critique of exercise programs.  
 Explore internet resources to create strength and flexibility programs.

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

All students actively engaged in course submit a wellness/questionnaire and create SMART goals based on their assessment.

Outcome #1: \*

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

All students who are actively involved in this course submit a minimum of 8 out of the 10 possible weekly fitness logs.

All students who are actively involved with this course will submit a 3 day food log using the Cronometer nutritional analyzer and be able to critique their data and set SMART goals for future eating.

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

All students who are actively involved with the course will be able to create a Strength and Flexibility program utilizing the website EXRX.net.

**5. Instructor Questions: Create two course specific questions to be included on the Student Course Evaluation.  
Question #1**

Did you find that that the textbook was beneficial for the course?

**Question #2**

Were the Instructors assignments pertinent for this course?

**Do you require the names of students who complete the course evaluation survey?  
(Please note: names will be sent to instructors the Thursday before term ends)**

NO

**Reminder, when completing Part B, instructors will be asked the following questions:**

**1. Describe anything you did to support the institutional effort to support students in improving "Sources and Evidence" and/or "Organization and Presentation" for the CLO Communication**

**2. Describe anything you did to support the institutional effort to support students in improving "Student Position" and/or "Evaluate Potential Solutions" for the CLO Critical Thinking/Problem Solving**

|   |  |
|---|--|
| Created<br><b>23 Sep 2018</b><br>4:19:11 PM |  |
| PUBLIC                                      |  |