

Course Assessment – Part A: Your Plan

#426

Your Email *

Please select your course & name from the drop-down menu. If your course or name are incorrect or missing, contact the Curriculum and Assessment Administrative Assistant, 541-506-6037 or ggilliland@cgcc.edu.

Part A: Your Plan

DIRECTIONS

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):

HPE 295 – Health & Fitness for Life – 1094287 – Andrew Hughes – Fall 2019

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

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
- GENERAL AND TRANSFER DEGREES

Method of Assessment

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

100% of active students will submit on the final week of the course, a Self-Reflection/Plan of Action paper. Students will reflect on their current stage of health behavior using Behavior Change and Behavior Modification strategies gleaned from the course. Students will also create an action plan that includes nutrition and fitness aspects and set SMART goals for future success.

Outcome #1: Method to assess student understanding *

Outcome #2: Method to assess student understanding *

100% of active students will submit weekly fitness logs that include the FITT components of exercise along with data that demonstrates progression, frequency and overload.

100% of actively engaged students will submit a 3 day food log using the crometer.com website to analysis macro and micro nutrients. Students will analyse data and create a nutrition plan using guidelines from class material as well as formulate SMART goals for future success.

Outcome #3: Method to assess student understanding *

100% of actively engaged students will create both a strength training plan and a flexibility plan using templates and material from EXRX.net.

Students will explore the plethora of activities and access plans that meet their activity and lifestyle needs.

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

All students who are actively engaged in the course will submit a paper that meets the rubric and instructions provided for writing the paper.

Outcome #1: *

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

All students who are actively engaged in the course will submit weekly logs that demonstrates understanding of the principles stated in the requirements.

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

All students that are actively engaged in the course will submit the required assignments and meet the requirements provided.

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

How satisfied were you with this course ?

Question #2

The course work helped me understand concepts more clearly?

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:

Describe anything you did to assist the institutional effort to support students in improving achievement of the specified criteria for the following Core Learning Outcomes (CLO):

1. CLO#1 – Communication – "Sources and Evidence" and/or "Organization and Presentation"

2. CLO#2 – Critical Thinking/Problem Solving – "Student Position" and/or "Evaluate Potential Solutions"

3. CLO#4 – Cultural Awareness – "Curiosity" (Encouraging our students to "Ask deeper questions about other cultures and seek out answers to these questions")

4. CLO#5 – Community and Environmental Responsibility – "Understanding Global Systems and/or "Applying Knowledge to Contemporary Global Contexts"

Created 6 Oct 2019 9:53:44 AM	
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