

Course Assessment - Part A: Your Plan

COMPLETE

#592

Please select your course and 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 swade@cgcc.edu.

HPE 295- Health and Fitness for Life- Amanda Holdiman- Fall 2022

*** 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): Outcome #1**

Outcome #1: Apply behavior change theories to assess and self-reflect on health and fitness status.

*** Outcome #2**

Outcome #2: Apply and evaluate wellness concepts that promote health and fitness.

*** Outcome #3**

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?

No

If yes, are you assessing different outcomes?

No

Comments:

This is my first time assessing this course.

2. To which degree(s) or certificate(s) does your course map? Degree, Certificate, & Program Outcomes

Not Sure

*** Method of Assessment 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**

Fitness Logs (10)
 Discussion Forums (10)
 SMART Goal Development
 SMART Goal Plan Development
 Food Journals (2)
 Analyzed Food Journal assignments (2)
 Cooking Video assignments (2)
 Chronic Disease assignment
 Final Written Reflection assignment
 Final Cooking Video

*** Outcome #2: Method to assess student understanding**

Fitness Logs (10)
 Discussion Forums (10)
 SMART Goal Development
 SMART Goal Plan Development
 Food Journals (2)
 Analyzed Food Journal assignments (2)
 Cooking Video assignments (2)
 Chronic Disease assignment
 Final Written Reflection assignment
 Final Cooking Video

*** Outcome #3: Method to assess student understanding**

Fitness Logs (10)
 Discussion Forums (10)
 SMART Goal Development
 SMART Goal Plan Development
 Food Journals (2)
 Analyzed Food Journal assignments (2)
 Cooking Video assignments (2)
 Chronic Disease assignment
 Final Written Reflection assignment
 Final Cooking Video

*** 4. How will you know if you were successful in your efforts to teach this outcome? Outcome #1:**

All students who are actively engaged in the class will:
 submit 8/10 Fitness Logs
 participate in 8/10 Discussion Forums

80% of students will submit:
 5 SMART Goals/Plans
 2 Food Journals/Analyzed Food Journal assignments
 2 Cooking Video assignments
 1 Chronic Disease assignment
 1 Final Written Reflection assignment
 1 Final Cooking Video Assignment

*** 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 class will:
 submit 8/10 Fitness Logs
 participate in 8/10 Discussion Forums

80% of students will submit:
 5 SMART Goals/Plans
 2 Food Journals/Analyzed Food Journal assignments
 2 Cooking Video assignments
 1 Chronic Disease assignment
 1 Final Written Reflection assignment
 1 Final Cooking Video Assignment

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

All students who are actively engaged in the class will:
 submit 8/10 Fitness Logs
 participate in 8/10 Discussion Forums

80% of students will submit:
 5 SMART Goals/Plans
 2 Food Journals/Analyzed Food Journal assignments
 2 Cooking Video assignments
 1 Chronic Disease assignment
 1 Final Written Reflection assignment
 1 Final Cooking Video Assignment

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

Did you find the written materials and lectures to be helpful in moving you forward in your health and wellness journey?

Question #2

Did the assignments required enable you to move forward in your health and wellness journey?

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 Institutional Learning Outcomes (ILO): 1. ILO#1 - Communication - "Content Development" and/or "Control of Syntax and Mechanics" 2. ILO#2 - Critical Thinking/Problem Solving - "Student Position" and/or "Evaluate Potential Solutions" 3. ILO#4 - Cultural Awareness - "Curiosity" (Encouraging our students to "Ask deeper questions about other cultures and seek out answers to these questions") 4. ILO#5 - Community and Environmental Responsibility - "Understanding Global Systems" and/or "Applying Knowledge to Contemporary Global Contexts" 5. ILO#3 - Quantitative Literacy - "Application/Analysis" and/or "Assumptions"

(No response)