

Assessment Data Template - Kinesiology

Learning Outcome: Kinesiology Learning Outcome

#4 – Students will learn and grow in personal wholeness by being stewards of the human body

GELO 2a: Students will develop an understanding of self that fosters personal wellbeing

Outcome Measure: Heart Rate, Curl Ups and Push Ups

Criteria for Success (if applicable): 50% of students participating in a PED 100 course will have improvements in Heart Rate and Body Composition. 80% of students participating in PED 100 would experience an increase in curl ups and pushups from pretest to posttest.

Longitudinal Data: PED 100 for Kinesiology Learning Outcome #4

Table 1	Fall 2014		Spring 2015		Fall 2015		
	Pre	Post	Pre	Post	Pre	Post	% Students Improved
2-Minute Step Test (BPM)	157	145	162	150	162	155	59%
Recovery 2-Minute Step (BPM) – Fall 2015 changed to 3-Minute Step (BPM)	98	83	95	83	108	103	55%
Curl Ups (1-minute timed)	31	38	38	51	32	38	91%
Push-ups(1-minute timed)	24	32	26	36	30	36	88%
Body Composition (Fat %)	20	19	18	17	19	19.1	50%

Conclusions drawn from data:

When comparing changes in the outcomes against our criteria for success we observed the greatest improvements during the curl up and pushup, an impressive 91% and 89% of the students had improvements in the number of curl ups and pushups they could perform at posttest, respectively. Additionally, at least 50% of the students had a decrease in body composition and heart rate at the completion of the class. These results indicate that a majority of students who participated in our PED 100 courses overall, were more fit by the time they completed the course.

Changes to be Made Based on Data:

Since the spring of 2015 one of the major changes that our PED 100 courses have made to ensure alignment with the ASCM standard was to change from the YMCA 2-minute step test to the 3-minute Queens College step test. This change was made because the Queens College step test has been reported to be a better indicator or measure of heart rate in an active population.

Rubric Used:

Each individual was evaluated as either showing improved or not improved in the area physical fitness.

Learning Outcome: Kinesiology Learning Outcome

#4 – Students will learn and grow in personal wholeness by being stewards of the human body
GELO 2a: Students will develop an understanding of self that fosters personal wellbeing

Outcome Measure: Overall Personal Wellbeing

Criteria for Success (if applicable): Students will score 3 or above on personal wellbeing rubric after taking PED 100 (N=15)

Longitudinal Data: See Table 2

Fall 2015	Fall 2014		Fall 2015	
Overall Personal Well-Being	--	3.5	--	3.3

Rubric Used: Figure 1

1	2	3	4
Response shows little or no recognition of the need to make a decision or set a goal or response lacks the appropriate process for decision making and/or goal setting	Response shows recognition of the need to make a decision or set a goal and provides evidence that some options or consequences were considered	Response shows recognition of the benefit of using decision-making or the goal setting process and provides evidence that options and/or consequences were considered	Response shows reflection and a logical progression through a decision-making or goal-setting process that includes full consideration of options and/or consequences and which results in a health-enhancing decision or goal statement

Conclusions Drawn from Data:

In addition to the objective data presented above, we recently asked students to assess their overall well-being on a scale from 1-4 (See Figure 1). Our objective data (presented above) indicated overall improvements in students enrolled in the PED 100 courses but also our students indicated that they not only improved in their fitness but also in the overall understanding of what it means to maintain a healthy life style. This is indicated by the overall score on the wellness criteria of 3.3.

Changes to be Made Based on Data:

While the data meets our departmental criteria for success, unfortunately only one section of PED 100 was able to produce the outcome. This makes our results not generalizable to the entire PED 100 population. We are working on creating a google spreadsheet that all professors can use to enter scores on the personal well-being reflection paper. Our hope is that this will encourage our professors to input information into the spreadsheet, so that we have a more robust dataset and a better sample scores across all the PED 100 sections.

Learning Outcome: Kinesiology Learning Outcome**#3** – Students will apply their emerging knowledge of health and fitness for the benefit of their clients, patients and the community**#4** – Students will learn and grow in personal wholeness by being stewards of the human body**GELO 2a: Students will develop an understanding of self that fosters personal wellbeing****Outcome Measure:** Body composition and Heart Rate**Criteria for Success (if applicable):** 50% of students participating in PED 200 will have improvements (indicated by a decrease in both measures) in Heart Rate and Body Composition.**Longitudinal Data: PED 200**

	Fa14s1	Fa14s2	Fa14s3	Fa14 %	Sp15s2	Sp15s3	Sp15%	Fa15s1	Fa15s2	Fa15s3	Fa15 %	Total # students	Total %
Heart Rate Decrease	25	27	17		15	26		24	31	24		189	
Heart Rate Increase	10	10	17		14	8		9	6	10		84	
	0.71	0.73	0.50	65%	0.52	0.76	64%	0.73	0.84	0.71	76%		68%
	0.29	0.27	0.50	35%	0.48	0.24	36%	0.27	0.16	0.29	24%		32%
Body Comp % Decrease	22	33	28		22	22		22	28	15		192	
Body Comp % Increase	13	7	10		14	13		11	11	15		94	
	0.63	0.83	0.74	73%	0.61	0.63	62%	0.67	0.72	0.50	63%		66%
	0.37	0.18	0.26	27%	0.39	0.37	38%	0.33	0.28	0.50	37%		34%

Conclusions Drawn from Data:

When comparing changes in outcomes against our criteria for success, at least 50% of the students participating in PED 200 were more fit by the end of the course. More specifically, 69% of students experienced a decline in heart rate from pre to posttest and 67% of students had a reduction in body composition. These results indicated that a good portion of the students taking this course are generally more fit by the time they finish the course.

Changes to be Made Based on Data:

No changes need to be made.

Rubric Used:

Each individual was evaluated as either showing improved or not improved in the area physical fitness.