

**Kinesiology
GELO Assessment Data**

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: PED 100-Heart Rate, Curl Ups and Push Ups

Criteria for Success (if applicable): At least 50% of students participating in a PED 100 course will have improvements in Heart Rate and Body Composition. 60% of students participating in PED 100 will 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			Spring 2016			Fall 2016 (N=244)			Spring 2017 (N=222)		
	Pre	Post	Pre	Post	Pre	Post	% Students Improved	Pre	Post	% Students Improved	Pre	Post	% Students Improved	Pre	Post	% Students Improved
2-Minute Step Test (BPM)	157	145	162	150	162	155	59%	150	143	65%	151	144	60%	145	139	55%
Recovery 2-Minute Step (BPM) – Fall 2015 changed to 3-Minute Step (BPM)	98	83	95	83	108	103	55%	102	92	42%	102	94	59%	96	87	65%
Curl Ups (1-minute timed)	31	38	38	51	32	38	91%	35	42	67%	34	38	51%	34	41	62%
Push-ups(1-minute timed)	24	32	26	36	30	36	88%	31	39	81%	30	36	66%	26	33	69%
Body Fat (%)	20	19	18	17	19	19.1	50%	19.7	19	61%	19.4	19	51%	20.1	19.5	56%

Table 1	Fall 2017 (N=123)		
	Pre	Post	% Students Improved
2-Minute Step Test (BPM)	155	151	57%
Recovery 2-Minute Step (BPM) – Fall 2015 changed to 3-Minute Step (BPM)	100	93	54%
Curl Ups (1-minute timed)	30	35	66%
Push-ups(1-minute timed)	28	35	68%
Body Fat (%)	19.8	19.9	36%

Interpretation and Conclusion:

Since changing the criteria for success of the curl ups and pushups from 80% to 60% we met all of our success markers. The latest scientific evidence shows that in response to an exercise program similar to those in our PED100 courses we would expect less than 50% of the students to lose body fat. The department also implemented a new measurement technique for body fat assessment which is most likely more objective and less effected by human error.

Changes to be made:

No changes need to be made at this point. We reduced our criteria for success from 80% to 60% for the 2017-2018 school year. This seems to be a better marker for success based on 3 years of previous data. Additionally, we will discuss the possibility of removing the decreased body fat from our criteria for success as a department.

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: PED 100-Overall Personal Wellbeing

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

Table 2: Longitudinal Data

	Fall 2014	Fall 2015 (n=15)	Spring 2016 (n=178)	Fall 2016 (n=148)	Spring 2017 (n=140)	Fall 2017 (n=99)
Overall Personal Well-Being	3.5	3.3	3.4	3.2	3.5	3.4

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

Interpretation and Conclusion:

We met our criteria of success for this LO. In addition to the objective data presented above, we 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 3.5 in spring 2017. The data represented here represents 80% of the students taking PED 100.

Changes to be made:

No changes need to be made at this time

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: PED 200-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.

Rubric Used: No rubric used; each individual was evaluated as either showing improved or not improved in the area of physical fitness

Longitudinal Data: PED 200

	Fa14s1	Fa14s2	Fa14s3	Fa14 %	Sp15s2	Sp15s3	Sp15%	Fa15s1	Fa15s2	Fa15s3	Fa15%	Total # students	Total %
Heart Rate ↓	25	27	17		15	26		24	31	24		189	
Heart Rate ↑	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 Fat % ↓	22	33	28		22	22		22	28	15		192	
Body Fat% ↑	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%

	Sp16s2	Sp16s3	Fall16s1	Fall16s2	Fall16s3	Sp17s2	Sp17s3	Fall17s1	Fall17s2	Fall17s3	Total # students	Total %
Heart Rate ↓	14	23	Not Recorded	Not Recorded	Not Recorded	Not Recorded	Not Recorded	To be reported in the spring	To be reported in the spring		226	
Heart Rate ↑	1	7	Not Recorded	Not Recorded	Not Recorded	Not Recorded	Not Recorded	To be reported in the spring	To be reported in the spring		92	
	0.93	0.77	--	--	--	--	--					72%
	0.07	0.23	--	--	--	--	--					28%
Body Fat% ↓	21	12	30	32	32	16	27	To be reported in the spring	To be reported in the spring		362	
Body Fat % ↑	7	4	9	7	9	4	4				138	
	0.75	0.75	0.77	0.82	0.79	.82	.88					72%

	0.25	0.25	0.23	0.18	0.21	.18	.12						28%
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Interpretation and Conclusion:

Data for fall 2017 and spring 2018 will be analyzed at the end of the spring semester.

Changes to be made:

No changes.

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: Physical Activity Courses - Body composition, Heart Rate data and responses on survey

Criteria for Success (if applicable): Question #5 “As a result of this activity class I have a greater understanding and appreciation of what it means to learn and grow” 80% of students participating in a PED activity course will report “somewhat” or “strongly agree” to the questions listed in the table below

Spring 2016

Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	489	81	15	5	10	600	95
2	Participating in physical activity is related to my emotional and spiritual well being	442	119	24	3	12	600	94
3	Participating in physical activity enhances my social well being	415	134	37	5	10	601	91
4	The beauty and gift of the human body and how these are influenced by pursuing activity	412	141	27	7	11	598	92
5	What it means to learn and grow in personal wholeness by being a steward of the human body	390	154	46	7	12	599	91
Question – As a result of taking this activity class I am more likely to:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	420	140	25	7	9	601	93
2	Continue with the type of activity involved in my activity class	340	153	67	28	13	601	82
3	Use physical activity to relieve stress and tension	403	146	34	8	9	600	92

4	Influence others to participate in physical activities	357	164	61	9	9	600	87
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Fall 2016

Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	501	126	19	4	10	660	95
2	Participating in physical activity is related to my emotional and spiritual well being	419	188	36	7	10	660	92
3	Participating in physical activity enhances my social well being	387	208	44	9	12	660	90
4	The beauty and gift of the human body and how these are influenced by pursuing activity	396	199	58	4	12	658	90
5	What it means to learn and grow in personal wholeness by being a steward of the human body	383	193	58	12	14	660	87
Question – As a result of taking this activity class I am more likely to:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	403	201	41	5	9	659	92
2	Continue with the type of activity involved in my activity class	296	233	100	18	13	660	80
3	Use physical activity to relieve stress and tension	400	190	53	5	10	658	90
4	Influence others to participate in physical activities	335	232	74	7	11	659	89

Spring 2017

Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	210	44	6	1	4	265	96
2	Participating in physical activity is related to my emotional and spiritual well being	182	63	11	4	5	265	92
3	Participating in physical activity enhances my social well being	171	63	22	3	6	265	88
4	The beauty and gift of the human body and how these are influenced by pursuing activity	170	64	22	4	5	265	88
5	What it means to learn and grow in personal wholeness by being a steward of the human body	164	74	17	4	6	265	90
Question – As a result of taking this activity class I am more likely to:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	175	73	14	2	2	266	93
2	Continue with the type of activity involved in my activity class	145	82	26	11	2	266	85
3	Use physical activity to relieve stress and tension	184	64	14	2	2	266	93
4	Influence others to participate in physical activities	159	77	20	6	8	264	89

Fall 2017

Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	473	87	20	2	9	591	94%
2	Participating in physical activity is related to my emotional and spiritual well being	428	121	27	5	9	590	93%
3	Participating in physical activity enhances my social well being	391	140	37	9	13	590	90%
4	The beauty and gift of the human body and how these are influenced by pursuing activity	408	132	30	7	11	590	91%
5	What it means to learn and grow in personal wholeness by being a steward of the human body	390	133	44	8	11	586	89%
Question – As a result of taking this activity class I am more likely to:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	412	136	30	4	9	591	93%
2	Continue with the type of activity involved in my activity class	323	167	70	22	6	598	82%
3	Use physical activity to relieve stress and tension	404	136	34	5	10	589	92%
4	Influence others to participate in physical activities	345	165	63	8	8	589	87%

Interpretation and Conclusions:

Eighty-nine percent of students taking activity courses in the Department of Kinesiology reported having a greater understanding of what it means to learn and grow in personal wholeness by being a steward of the human body. This finding meets the Departmental criteria, however, one of the most powerful findings in this assessment data is that students also left our classes understanding how physical activity related to their physical wellbeing. Overall, the data from our activity courses is very positive. This is not surprising, when we look at the objective data gathered in the PED 100 and 200 series. Not only do students have a greater understanding but overall, students are leaving our activity classes with more muscular endurance, with less body fat, and with higher cardiovascular fitness.

Changes that need to be made:

More questions will be added to this survey of wellness to gain more departmental information during 2018-2019.