

Survey of Student Learning Outcomes

PED 100: Fitness through Movement

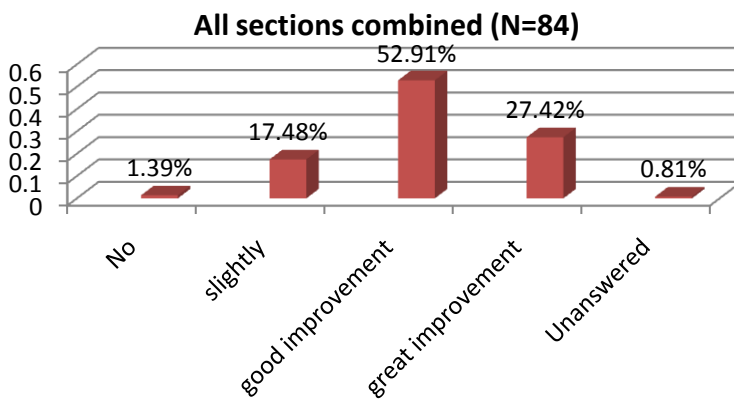
The data below represents results of an online survey (eclass) of students enrolled in four sections of our primary General Education Course offering for non-majors: PED 100.

SUMMARY OF FINDINGS

Survey Question-

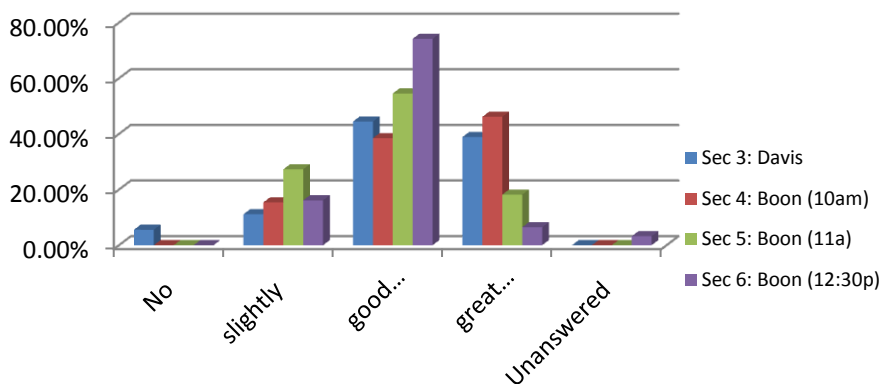
Did you make improvements in your overall physical fitness over the course of the semester?

Data-



80% of students enrolled in PED100 reported that they made improvements in their physical fitness as a result of taking the course. The course professors quantify this change objectively, but the chart above demonstrated that students also perceived their fitness as improved.

Results by Course Section



Learning Outcome(s) Evaluated:

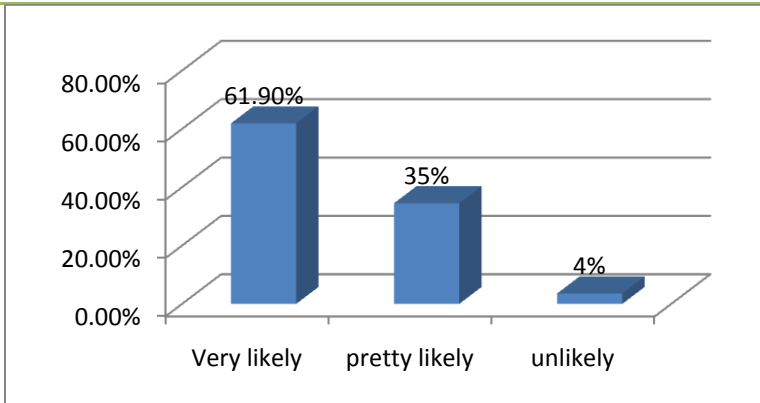
1. Students will perceive the importance of healthy lifestyle choices.
2. Students will demonstrate a lifestyle of physical activity.

Survey Question-

How likely are you to engage in exercise and activities once you are finished with this class?

Data-

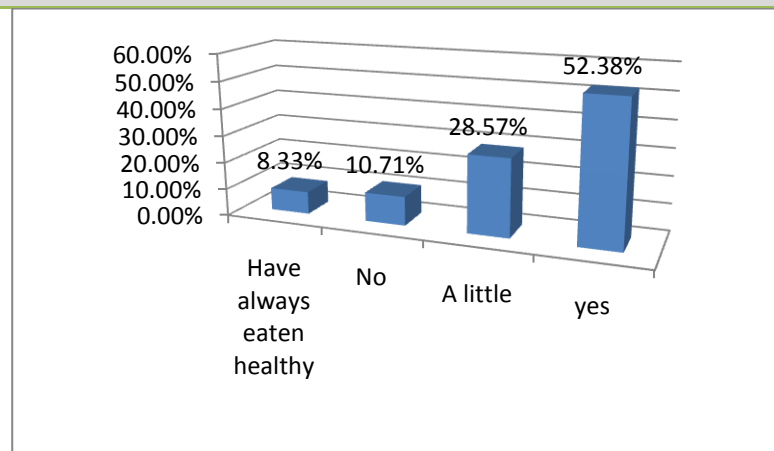
Overall Results (N=84)



96% of students responded that they were either 'very' or 'somewhat' likely to continue to engage in fitness activities after finishing the class, indicating that a pattern of fitness was established in these students as a result of enrolling in PED 100.

Survey Question-

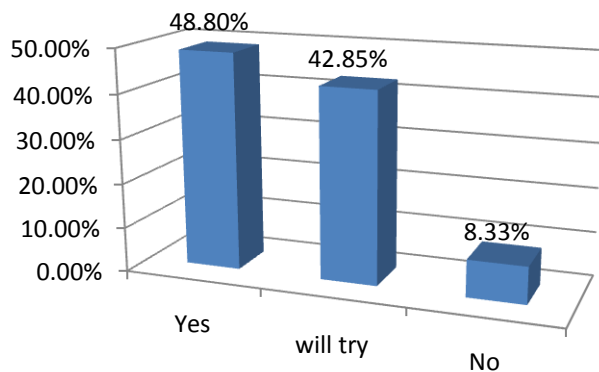
Did you change your eating habits? (N=84 respondents)



80% of students indicated that they changed their eating habits (ostensibly for the positive) while enrolled in PED 100.

Learning Outcome Evaluated:

1. Students will demonstrate a lifestyle of healthful eating.
2. Students will understand how to apply Biblical stewardship principles via their physical bodies.

Survey Question-***Will you carry these changes over into the next semester? (N=84 respondents)***

Almost half (49%) of students definitively would carry forward the positive eating and fitness habits learned in PED 100. When combined with the students who “would try”, 91% of all students appeared to be positively changed by PED 100 toward healthful behaviors.

Learning Outcome Evaluated:

1. Students will perceive the importance of healthy lifestyle choices.
2. Students will demonstrate a lifestyle of physical activity.
3. Students will demonstrate a lifestyle of healthful eating.
4. Students will understand how to apply Biblical stewardship principles via their physical bodies.