

College of Health Science
FELO data, Fall 2024

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

Outcome Measure: KIN 1000 courses – Cardiovascular Testing (Heart Rate) & Muscular Strength & Endurance (Curl-Ups and Push-Ups)

Criteria for Success (if applicable): At least 75% of students will fall into the good, very good or excellent category for curl-ups and push-ups by the end of the semester. At least 50% of students participating in a KIN 1000 course will have improvements in Heart Rate.

Longitudinal Data: KIN 1000

Table 1	Spring 2020 (N= 135)			Fall 2020 (N= 137)			Spring 2021 (N= 81)			Fall 2021 (N= 82)		
	Pre	Post	% Students Improved	Pre	Post	% students improved	Pre	Post	% Students Improved	Pre	Post	% students improved
3-Minute Step Test (BPM)	137	132	56%	133	131	54%	130	123	40%	143	138	59%
1-Minute recovery (BPM)	105	98	60%	97	91	51%	109	106	39%	105	98	63%
Curl-ups (1-minute timed)	34	40	60%	33	40	51%	32	40	81%	33	35	35%
Push-ups (1-minute timed)	30	36	62%	27	32	62%	25	31	63%	28	33	40%

Table 1*	Fall 2021 On-Line (N= 16)			Spring 2022 (N= 108)			Fall 2022			Spring 2023		
	Pre	Post	% students improved	Pre	Post	% students improved	Pre	Post	% students improved	Pre	Post	% students improved

3-Minute Step Test (BPM)	125	117.5	67%	147	140	73%	136	132	65%	139	118	62%
1-Minute recovery (BPM)	97	94	61%	106	100	58%	106	99	66%	92	78	69%
Curl-ups (1-minute timed)	35	45	50%	33	38	47%	32	38	53%	31	35	50%
Push-ups (1-minute timed)	22	26	44%	31	38	42%	29	35	53%	23	28	54%

Table 1*	Fall 2023 (N= 83)			Spring 2024 (N= 121)			Fall 2024 (N= 114)			Spring 2025		
	Pre	Post	% students improved	Pre	Post	% students improved	Pre	Post	% students improved	Pre	Post	% students improved
3-Minute Step Test (BPM)	139	129	65%	147	139	72%	140	132	64%			
1-Minute recovery (BPM)	98	97	46%	108	97	77%	103	95	66%			
Curl-ups (1-minute timed)	28	33	46%	34	39	84%	30	33	35%			
Push-ups (1-minute timed)	25	29	46%	28	34	88%	27	31	48%			

Curl-up (N=134) Push-up (N = 134)	Spring 2020 % of students who fell into the good, very good or excellent category pre curl-up (N=112)	Spring 2020 % of students who fell into the good, very good or excellent category post curl-up (N= 130)	Spring 2020 % of students who shifted categories curl-up (N=58)	Spring 2020 % of students who fell into the good, very good or excellent category pre push-up (N= 115)	Spring 2020 % of students who fell into the good, very good or excellent category post push-up (N= 126)	Spring 2020 % of students who shifted categories push-up (N=53)	Average # of minutes of activity per week
	83%	90%	43%	85%	93%	39%	243 Minutes
Curl-Up (N=137) Push-Up (N=137)	Fall 2020 % of students who fell into the good, very good or excellent category pre curl-up (N= 99)	Fall 2020 % of students who fell into the good, very good or excellent category post curl-up (N= 118)	Fall 2020 % of students who shifted categories curl-up (N=80)	Fall 2020 % of students who fell into the good, very good or excellent category pre push-up (N=96)	Fall 2020 % of students who fell into the good, very good or excellent category post push-up (N=124)	Fall 2020 % of students who shifted categories push-up (N= 81)	Fall 2020 Average # of minutes of activity per week
	72%	86%	65%	69%	91%	59%	258 Minutes
Curl-up (N=81) Push-up (N=81) Activity (N=99)	Spring 2021 % of students who fell into the good, very good or excellent category pre curl-up (N=63)	Spring 2021 % of students who fell into the good, very good or excellent category post curl-up (N= 72)	Spring 2021 % of students who shifted categories curl-up (N=41)	Spring 2021 % of students who fell into the good, very good or excellent category pre push-up (N=61)	Spring 2021 % of students who fell into the good, very good or excellent category post push-up (N= 72)	Spring 2021 % of students who shifted categories push-up (N=41)	Spring 2021 Average # of minutes of activity per week
	78%	89%	51%	75%	89%	51%	285 Minutes
Curl-up (N=82) Push-up (N=82) Activity (N=103)	Fall 2021 % of students who fell into the good, very good or excellent category pre curl-up (N=72)	Fall 2021 % of students who fell into the good, very good or excellent category post curl-up (N= 77)	Fall 2021 % of students who shifted categories curl-up (N=29)	Fall 2021 % of students who fell into the good, very good or excellent category pre push-up (N=66)	Fall 2021 % of students who fell into the good, very good or excellent category post push-up (N= 69)	Fall 2021 % of students who shifted categories push-up (N=33)	Fall 2021 Average # of minutes of activity per week
	88%	94%	35%	80%	84%	40%	272 Minutes
Curl-up (N=90) Push-up (N=90) Activity (N=104)	Spring 2022 % of students who fell into the good, very good	Spring 2022 % of students who fell into the good, very good or	Spring 2022 % of students who shifted	Spring 2022 % of students who fell into the good, very good	Spring 2022 % of students who fell into the good, very good	Spring 2022 % of students who shifted	Spring 2022 Average # of minutes of

	or excellent category pre curl-up (N= 87)	excellent category post curl-up (N= 98)	categories curl-up (N= 50)	or excellent category pre push-up (N= 93)	or excellent category post push-up (N= 98)	categories push-up (N= 45)	activity per week
	81%	92%	47%	87%	92%	42%	313 Minutes
Curl-up (N=128) Push-up (N=128) Activity (N=141)	Fall 2022 % of students who fell into the good, very good or excellent category pre curl-up (N= 99)	Fall 2022 % of students who fell into the good, very good or excellent category post curl-up (N= 110)	Fall 2022 % of students who shifted categories curl-up (N= 56)	Fall 2022 % of students who fell into the good, very good or excellent category pre push-up (N= 103)	Fall 2022 % of students who fell into the good, very good or excellent category post push-up (N= 117)	Fall 2022 % of students who shifted categories push-up (N= 54)	Fall 2022 Average # of minutes of activity per week
	82%	98%	53%	69%	81%	35%	285 Minutes
Curl-up (N=121) Push-up (N=121) Activity (N=127)	Spring 2023 % of students who fell into the good, very good or excellent category pre curl-up (N= 78)	Spring 2023 % of students who fell into the good, very good or excellent category post curl-up (N=89)	Spring 2023 % of students who shifted categories curl-up (N=38)	Spring 2023 % of students who fell into the good, very good or excellent category pre push-up (N=75)	Spring 2023 % of students who fell into the good, very good or excellent category post push-up (N=84)	Spring 2023 % of students who shifted categories push-up (N=46)	Spring 2023 Average # of minutes of activity per week
	70%	80%	34%	68%	76%	41%	388 Minutes
Curl-up (N=84) Push-up (N=85) Activity (N=95)	Fall 2023 % of students who fell into the good, very good or excellent category pre curl-up (N=63)	Fall 2023 % of students who fell into the good, very good or excellent category post curl-up (N=73)	Fall 2023 % of students who shifted categories curl-up (N=39)	Fall 2023 % of students who fell into the good, very good or excellent category pre push-up (N=62)	Fall 2023 % of students who fell into the good, very good or excellent category post push-up (N=75)	Fall 2023 % of students who shifted categories push-up (N=39)	Fall 2023 Average # of minutes of activity per week
	75%	87%	46%	73%	88%	46%	323
Curl-up (N=115) Push-up (N=115) Activity (N=115)	Spring 2024 % of students who fell into the good, very good or excellent category pre curl-up (N=63)	Spring 2024 % of students who fell into the good, very good or excellent category post curl-up (N=73)	Spring 2024 % of students who shifted categories curl-up (N=39)	Spring 2024 % of students who fell into the good, very good or excellent category pre push-up (N=62)	Spring 2024 % of students who fell into the good, very good or excellent category post push-up (N=75)	Spring 2024 % of students who shifted categories push-up (N=39)	Spring 2024 Average # of minutes of activity per week

	79%	92%	44%	77%	90%	53%	315
Curl-up (N=111) Push-up (N=111) Activity (N=121)	Fall 2024 % of students who fell into the good, very good or excellent category pre curl-up (N=78)	Fall 2024 % of students who fell into the good, very good or excellent category post curl-up (N=89)	Fall 2024 % of students who shifted categories curl-up (N=39)	Fall 2024 % of students who fell into the good, very good or excellent category pre push-up (N=94)	Fall 2024 % of students who fell into the good, very good or excellent category post push-up (N=104)	Fall 2024 % of students who shifted categories push-up (N=62)	Fall 2024 Average # of minutes of activity per week
	70%	80%	38%	82%	91%	54%	305

Interpretation and Conclusion:

We met our criteria for success, which states that at least 75% of students will fall into the good, very good or excellent category for curl-ups and push-ups by the end of the semester. We concluded the semester with 80% of students in the curl up category and 91% of students in the push-up category who fell into the good, very good or excellent categories by the completion of the class This data aligns with past semesters.

Our criteria for success states that at least 50% of students will have improvements in Heart Rate (HR). This semester, we saw that 64% improved in their peak HR (meaning they did not have to “work” as hard to complete the posttest) and 66% showed improvements in their 1-minute recovery HR, therefore meeting our criteria for success. A further assessment in this series reveals that on average/week students are spending approximately 305 minutes engaging in intentional physical activity. This is 155 minutes above the weekly ACSM requirements.

Changes to be made:

None related to our criteria for success. However, we have added a question related to total minutes students are engaged in intentional physical activity, which allows us to identify and separate collegiate athletes to determine if they are influencing the overall student average.

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

Outcome Measure: KIN 2030 courses - Cardiovascular Testing (Heart Rate) & Muscular Strength & Endurance (Curl-Ups and Push-Ups)

Criteria for Success (if applicable): At least 75% of students will fall into the good, very good or excellent category for curl-ups and push-ups by the end of the semester. At least 50% of students participating in a KIN 2030 course will have improvements in Heart Rate.

Longitudinal Data: KIN 2030

Table 1	Spring 2022 (N=32)			Fall 2022 (N=46)			Spring 2023 (N=111)			Fall 2023 (N=62)		
	Pre	Post	% Students Improved	Pre	Post	% Students Improved	Pre	Post	% Students Improved	Pre	Post	% Students Improved
3-Minute Step Test (BPM)	144	137	56%	133	123	78%	144	128	67%	134	127	53%
1 minute recovery (BPM)	112	107	56%	107	97	70%	109	101	68%	104	98	56%
Curl Ups (1-minute timed)	32	36	56%	30	34	43%	29	32	47%	29	31	39%
Push-ups(1-minute timed)	33	37	75%	27	30	53%	23	26	44%	24	26	37%

Table 1	Spring 2024 (N=103)			Fall 2024 (N=37)			Spring 2025 (N=)			Fall 2025 (N=)		
	Pre	Post	% Students Improved	Pre	Post	% Students Improved	Pre	Post	% Students Improved	Pre	Post	% Students Improved
3-Minute Step Test (BPM)	151	139	77%	141	135	69%						
1 minute recovery (BPM)	111	101	68%	101	97	57%						
Curl Ups (1-minute timed)	30	33	65%	29	31	27%						
Push-ups(1-minute timed)	27	31	64%	23	28	54%						

Table 2 ACSM Standards Curl-up (N=32) Push-up (N=32) Activity (N=36)	Spring 2022 % of students fell into the good, very good or excellent category pre curl-up (N=29)	Spring 2022 % of students fell into the good, very good or excellent category post curl-up (N=30)	Spring 2022 % of students who shifted categories curl- up (N=11)	Spring 2022 % of students fell into the good, very good or excellent category pre push-up (N=28)	Spring 2022 % of students fell into the good, very good or excellent category post push-up (N=31)	Spring 2022 % of students who shifted categories push-up (N=17)	Spring 2022 Average # of minutes of activity per week
	91%	94%	34%	88%	97%	53%	366 Minutes
Table 2 ACSM Standards Curl-up (N=46) Push-up (N=46) Activity (N=72)	Fall 2022 % of students fell into the good, very good or excellent category pre curl-up (N=39)	Fall 2022 % of students fell into the good, very good or excellent category post curl-up (N=40)	Fall 2022 % of students who shifted categories curl- up (N=15)	Fall 2022 % of students fell into the good, very good or excellent category pre push-up (N=30)	Fall 2022 % of students fell into the good, very good or excellent category post push-up (N=36)	Fall 2022 % of students who shifted categories push-up (N=17)	Fall 2022 Average # of minutes of activity per week
	85%	87%	43%	69%	78%	53%	374 Minutes
Table 2 ACSM Standards Curl-up (N=111) Push-up (N=111) Activity (N=146)	Spring 2023 % of students fell into the good, very good or excellent category pre curl-up (N=78)	Spring 2023 % of students fell into the good, very good or excellent category post curl-up (N=89)	Spring 2023 % of students who shifted categories curl- up (N=38)	Spring 2023 % of students fell into the good, very good or excellent category pre push-up (N=75)	Spring 2023 % of students fell into the good, very good or excellent category post push-up (N=84)	Spring 2023 % of students who shifted categories push-up (N=46)	Spring 2023 Average # of minutes of activity per week
	70%	80%	34%	68%	76%	41%	299 Minutes
Table 2 ACSM Standards Curl-up (N=61) Push-up (N=61) Activity (N=80)	Fall 2023 % of students fell into the good, very good or excellent category pre curl-up (N=50)	Fall 2023 % of students fell into the good, very good or excellent category post curl-up (N=54)	Fall 2023 % of students who shifted categories curl- up (N=24)	Fall 2023 % of students fell into the good, very good or excellent category pre push-up (N=44)	Fall 2023 % of students fell into the good, very good or excellent category post push-up (N=51)	Fall 2023 % of students who shifted categories push-up (N=23)	Fall 2023 Average # of minutes of activity per week
	82%	89%	39%	71%	82%	37%	529

Table 2 ACSM Standards Curl-up (N=102) Push-up (N=102) Activity (N=103)	Spring 2024 % of students fell into the good, very good or excellent category pre curl-up	Spring 2024 % of students fell into the good, very good or excellent category post curl-up	Spring 2024 % of students who shifted categories curl- up	Spring 2024 % of students fell into the good, very good or excellent category pre push-up	Spring 2024 % of students fell into the good, very good or excellent category post push-up	Spring 2024 % of students who shifted categories push-up	Spring 2024 Average # of minutes of activity per week
	83%	86%	28%	90%	93%	48%	498
Table 2 ACSM Standards Curl-up (N=137) Push-up (N=37) Activity (N=41)	Fall 2024 % of students fell into the good, very good or excellent category pre curl-up	Fall 2024 % of students fell into the good, very good or excellent category post curl-up	Fall 2024 % of students who shifted categories curl- up	Fall 2024 % of students fell into the good, very good or excellent category pre push-up	Fall 2024 % of students fell into the good, very good or excellent category post push-up	Fall 2024 % of students who shifted categories push-up	Fall 2024 Average # of minutes of activity per week
	92%	95%	32%	89%	97%	54%	260

Interpretation and Conclusion:

We met our criteria for success, which states that at least 75% of students will fall into the good, very good or excellent category for curl-ups and push-ups by the end of the semester. We concluded the semester with 95% of students in the curl up category and 97% of students in the push-up category who fell into the good, very good or excellent categories by the completion of the class. This data aligns with past semesters.

Our criteria for success states that at least 50% of students will have improvements in Heart Rate (HR). This semester, we saw that 69% improved in their peak HR (meaning they did not have to “work” as hard to complete the posttest) and 57% showed improvements in their 1-minute recovery HR. A further assessment in this series reveals that on average/week students are spending approximately 260 minutes engaging in intentional physical activity. This is 110 minutes above the weekly ACSM requirements.

Changes to be made:

None related to our criteria for success. However, we have added a question related to total minutes students are engaged in intentional physical activity, which allows us to identify and separate collegiate athletes to determine if they are influencing the overall student average.

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

Outcome Measure: Physical Activity Courses – Responses to Wellness 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 KIN activity course will report “somewhat” or “strongly agree” to the questions listed in the table below

Fall 2020-Spring 2021

		Spring 2021			Fall 2020		
Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category	Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	370	427	86%	542	554	98%
2	Participating in physical activity is related to my emotional and spiritual well being	404	428	94%	529	552	96%
3	Participating in physical activity enhances my social well being	404	428	94%	505	551	92%
4	The beauty and gift of the human body and how these are influenced by pursuing activity	406	427	95	532	551	95%
5	What it means to learn and grow in personal wholeness by being a steward of the human body	403	428	94%	512	550	93%
Question – As a result of taking this activity class I am more likely to:		Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category	Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	422	427	96%	531	553	96%
2	Continue with the type of activity involved in my activity class	373	427	87%	470	552	85%
3	Use physical activity to relieve stress and tension	399	426	94%	518	550	94%

4	Influence others to participate in physical activities	386	426	91%	481	549	88%
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Fall 2021-Spring 2022

		Spring 2022			Fall 2021		
Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category	Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	348	358	97%	385	391	98%
2	Participating in physical activity is related to my emotional and spiritual well being	343	357	96%	377	390	97%
3	Participating in physical activity enhances my social well being	339	355	95%	368	390	94%
4	The beauty and gift of the human body and how these are influenced by pursuing activity	340	356	96%	371	388	96%
5	What it means to learn and grow in personal wholeness by being a steward of the human body	333	355	94%	367	389	94%
Question – As a result of taking this activity class I am more likely to:		Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category	Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	344	357	96%	375	391	96%
2	Continue with the type of activity involved in my activity class	313	356	88%	343	389	88%
3	Use physical activity to relieve stress and tension	339	355	95%	369	390	95%
4	Influence others to participate in physical activities	323	356	91%	342	389	88%

Fall 2022- Spring 2023

	Fall 2022	Spring 2023
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Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category	Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	506	522	97%	502	515	97%
2	Participating in physical activity is related to my emotional and spiritual well being	491	518	95%	482	510	95%
3	Participating in physical activity enhances my social well being	474	518	92%	473	509	93%
4	The beauty and gift of the human body and how these are influenced by pursuing activity	487	519	94%	475	509	93%
5	What it means to learn and grow in personal wholeness by being a steward of the human body	489	518	94%	478	510	94%
Question – As a result of taking this activity class I am more likely to:		Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category	Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	489	521	94%	489	515	95%
2	Continue with the type of activity involved in my activity class	451	517	87%	432	509	85%
3	Use physical activity to relieve stress and tension	479	517	93%	469	509	92%
4	Influence others to participate in physical activities	458	516	89%	446	507	88%

Fall 2023-Spring 2024

		Fall 2023			Spring 2024		
Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category	Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	191	196	97%	312	323	97%
2	Participating in physical activity is related to my	184	195	94%	306	322	95%

	emotional and spiritual well being						
3	Participating in physical activity enhances my social well being	184	195	94%	308	320	96%
4	The beauty and gift of the human body and how these are influenced by pursuing activity	187	194	96%	308	321	96%
5	What it means to learn and grow in personal wholeness by being a steward of the human body	183	195	94%	300	320	94%
Question – As a result of taking this activity class I am more likely to:		Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category	Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	186	196	95%	308	321	96%
2	Continue with the type of activity involved in my activity class	151	194	78%	285	320	89%
3	Use physical activity to relieve stress and tension	179	194	92%	303	318	95%
4	Influence others to participate in physical activities	171	193	89%	289	320	90%

Fall 2024-Spring 2025

		Fall 2024			Spring 2025		
Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category	Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	235	239	98%			
2	Participating in physical activity is related to my emotional and spiritual well being	231	238	97%			
3	Participating in physical activity enhances my social well being	220	235	94%			
4	The beauty and gift of the human body and how these are influenced by pursuing activity	229	235	97%			

5	What it means to learn and grow in personal wholeness by being a steward of the human body	228	237	96%			
Question – As a result of taking this activity class I am more likely to:		Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category	Total # of students who fell into the strongly agree Or somewhat agree category	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	235	240	98%			
2	Continue with the type of activity involved in my activity class	217	237	92%			
3	Use physical activity to relieve stress and tension	231	238	97%			
4	Influence others to participate in physical activities	219	237	92%			

Interpretation and Conclusions:

We met the criteria for success in all categories for the past 5 years.

Changes that need to be made:

None at this time.