

College of Health Science
FELO data, 2025-2026

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 2021 (N= 81)			Fall 2021 On-Line (N= 16)			Fall 2021 (N= 82)		
	Pre	Post	% Students Improved	Pre	Post	% students improved	Pre	Post	% students improved
3-Minute Step Test (BPM)	130	123	40%	125	117.5	67%	143	138	59%
1-Minute recovery (BPM)	109	106	39%	97	94	61%	105	98	63%
Curl-ups (1-minute timed)	32	40	81%	35	45	50%	33	35	35%
Push-ups (1-minute timed)	25	31	63%	22	26	44%	28	33	40%

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Table 1*	Spring 2022 (N= 108)			Fall 2022			Spring 2023			Fall 2023 (N= 83)		
	Pre	Post	% students improved	Pre	Post	% students improved	Pre	Post	% students improved	Pre	Post	% students improved

Kines: FELO Data, 2025-2026

3-Minute Step Test (BPM)	147	140	73%	136	132	65%	139	118	62%	139	129	65%
1-Minute recovery (BPM)	106	100	58%	106	99	66%	92	78	69%	98	97	46%
Curl-ups (1-minute timed)	33	38	47%	32	38	53%	31	35	50%	28	33	46%
Push-ups (1-minute timed)	31	38	42%	29	35	53%	23	28	54%	25	29	46%

Table 1*	Spring 2024 (N= 121)			Fall 2024 (N= 114)			Spring 2025 (N=83)			Fall 2025 (N= 85)		
	Pre	Post	% students improved	Pre	Post	% students improved	Pre	Post	% students improved	Pre	Post	% students improved
3-Minute Step Test (BPM)	147	139	72%	140	132	64%	128	124	65%	140	138	52%
1-Minute recovery (BPM)	108	97	77%	103	95	66%	99	90	61%	102	102	40%
Curl-ups (1-minute timed)	34	39	84%	30	33	35%	31	34	33%	33	37	31%
Push-ups (1-minute timed)	28	34	88%	27	31	48%	27	33	50%	30	32	42%

Table 1*	Spring 2026 (N= 112)			Fall 2026 (N=)			Spring 2027 (N=)			Fall 2027 (N=)		
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Kines: FELO Data, 2025-2026

	Pre	Post	% students improved	Pre	Post	% students improved	Pre	Post	% students improved	Pre	Post	% students improved
3-Minute Step Test (BPM)	136	128	63%									
1-Minute recovery (BPM)	98	93	63%									
Curl-ups (1-minute timed)	33	37	35%									
Push-ups (1-minute timed)	28	32	35%									

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 or excellent category pre curl-up (N= 87)	Spring 2022 % of students who fell into the good, very good or excellent category post curl-up (N= 98)	Spring 2022 % of students who shifted categories curl-up (N= 50)	Spring 2022 % of students who fell into the good, very good or excellent category pre push-up (N= 93)	Spring 2022 % of students who fell into the good, very good or excellent category post push-up (N= 98)	Spring 2022 % of students who shifted categories push-up (N= 45)	Spring 2022 Average # of minutes of 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	Spring 2023 % of students who fell into the good,	Spring 2023 % of students who shifted	Spring 2023 % of students who fell into the	Spring 2023 % of students who fell into the	Spring 2023 % of students who shifted	Spring 2023 Average # of minutes of

	good, very good or excellent category pre curl-up (N= 78)	very good or excellent category post curl-up (N=89)	categories curl-up (N=38)	good, very good or excellent category pre push-up (N=75)	good, very good or excellent category post push-up (N=84)	categories push-up (N=46)	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
Curl-up (N=83) Push-up (N=83) Activity (N=100)	Spring 2025 % of students who fell into the good, very good or excellent category pre curl-up	Spring 2025 % of students who fell into the good, very good or excellent category post curl-up (N=75)	Spring 2025 % of students who shifted categories curl-up (N=21)	Spring 2025 % of students who fell into the good, very good or excellent category pre push-up	Spring 2025 % of students who fell into the good, very good or excellent category post push-up	Spring 2025 % of students who shifted categories push-up (N=41)	Spring 2025 Average # of minutes of activity per week

	(N=72)			(N=69)	(N=79)		
	87%	91%	26%	85%	96%	50%	332
Curl-up (N=85) Push-up (N=85) Activity (N=84)	Fall 2025 % of students who fell into the good, very good or excellent category pre curl-up (N=68)	Fall 2025 % of students who fell into the good, very good or excellent category post curl-up (N=70)	Fall 2025 % of students who shifted categories curl-up (N=26)	Fall 2025 % of students who fell into the good, very good or excellent category pre push-up (N=77)	Fall 2025 % of students who fell into the good, very good or excellent category post push-up (N=76)	Fall 2025 % of students who shifted categories push-up (N=35)	Fall 2025 Average # of minutes of activity per week
	81%	83%	31%	92%	90%	42%	336
Curl-Up (N=112) Push-Up (N=112)	Spring 2026 % of students who fell into the good, very good or excellent category pre curl-up (N=98)	Spring 2026 % of students who fell into the good, very good or excellent category post curl-up (N= 100)	Spring 2026 % of students who shifted categories curl-up (N=39)	Spring 2026 % of students who fell into the good, very good or excellent category pre push-up (N=93)	Spring 2026 % of students who fell into the good, very good or excellent category post push-up (N=100)	Spring 2026 % of students who shifted categories push-up (N= 39)	Spring 2026 Average # of minutes of activity per week
	87%	89%	35%	83%	89%	35%	322

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 89% of students in the curl up category and 89% 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 63% improved in their peak HR (meaning they did not have to “work” as hard to complete the posttest) and 63% 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 322 minutes engaging in intentional physical activity. In this most recent survey, we added a question which allows us to identify and separate collegiate athletes to determine if they are influencing the overall student average. We are happy to report that the total weekly average without collegiate athletes is approximately 300 minutes, which is quite above the ACSM guidelines of 150 minutes per week of intentional physical activity.

Changes to be made:

None related to our criteria for success. However, we will continue to identify and separate data collected from collegiate athletes to determine if they are influencing the overall student average in the fall of 2026.

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=57)			Fall 2025 (N= 113)		
	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%	145	140	53%	129	127	54%
1 minute recovery (BPM)	111	101	68%	101	97	57%	115	108	61%	101	101	45%
Curl Ups (1-minute timed)	30	33	65%	29	31	27%	31	34	36%	30	32	92%
Push-ups(1-minute timed)	27	31	64%	23	28	54%	29	32	38%	28	31	46%

Table 1	Spring 2026 (N=86)			Fall 2026 (N=)			Spring 2027 (N=)			Fall 2027 (N=)		
	Pre	Post	% Students Improved	Pre	Post	% Students Improved	Pre	Post	% Students Improved	Pre	Post	% Students Improved

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3-Minute Step Test (BPM)	147	138	63%									
1 minute recovery (BPM)	111	99	65%									
Curl Ups (1-minute timed)	29	32	36%									
Push-ups(1-minute timed)	25	28	47%									

Table 2 ACSM Standards Curl-up (N=32) Push-up (N=36) 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
Table 2 ACSM Standards Curl-up (N=114) Push-up (N=114) Activity (N=118)	Fall 2025 % of students fell into the good, very good or excellent category pre curl-up (N=97)	Fall 2025 % of students fell into the good, very good or excellent category post curl-up (N=104)	Fall 2025 % of students who shifted categories curl- up (N=40)	Fall 2025 % of students fell into the good, very good or excellent category pre push-up (N=90)	Fall 2025 % of students fell into the good, very good or excellent category post push-up (N=100)	Fall 2025 % of students who shifted categories push-up (N=52)	Fall 2025 Average # of minutes of activity per week
	86%	92%	35%	80%	88%	46%	310
Table 2 ACSM Standards Curl-up (N=86) Push-up (N=86) Activity (N=86)	Spring 2026 % of students fell into the good, very good or excellent category pre curl-up (N=68)	Spring 2026 % of students fell into the good, very good or excellent category post curl-up (N=74)	Spring 2026 % of students who shifted categories curl- up (N=40)	Spring 2026 % of students fell into the good, very good or excellent category pre push-up (N=65)	Spring 2026 % of students fell into the good, very good or excellent category post push-up (N=73)	Spring 2026 % of students who shifted categories push-up (N=52)	Spring 2026 Average # of minutes of activity per week
	79%	86%	36%	76%	85%	47%	300

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 86% of students in the curl up category and 85% 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 63% improved in their peak HR (meaning they did not have to “work” as hard to complete the posttest) and 65% showed improvements in their 1-minute recovery HR, therefore not quite meeting our criteria for success. A further assessment in this series reveals that on average/week students are spending approximately 300 minutes engaging in intentional physical activity. In this most recent survey, we added a question which allows us to identify and separate collegiate athletes to determine if they are influencing the overall student average. We are happy to report that the total weekly average without collegiate athletes is approximately 247 minutes, which is quite above the ACSM guidelines of 150 minutes per week of intentional physical activity.

Changes to be made:

None related to our criteria for success. However, we will continue to identify and separate data collected from collegiate athletes to determine if they are influencing the overall student average in the fall of 2026.

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 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		
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

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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 emotional and spiritual well being	184	195	94%	306	322	95%
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%	203	206	99%
2	Participating in physical activity is related to my emotional and spiritual well being	231	238	97%	204	206	99%
3	Participating in physical activity enhances my social well being	220	235	94%	200	205	98%

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4	The beauty and gift of the human body and how these are influenced by pursuing activity	229	235	97%	201	206	98%
5	What it means to learn and grow in personal wholeness by being a steward of the human body	228	237	96%	199	206	97%
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%	203	206	99%
2	Continue with the type of activity involved in my activity class	217	237	92%	186	206	90%
3	Use physical activity to relieve stress and tension	231	238	97%	199	206	97%
4	Influence others to participate in physical activities	219	237	92%	195	204	96%

Fall 2025-Spring 2026

		Fall 2025			Spring 2026		
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	295	303	97%	224	233	96%
2	Participating in physical activity is related to my emotional and spiritual well being	294	303	97%	221	232	95%
3	Participating in physical activity enhances my social well being	291	303	96%	221	232	95%
4	The beauty and gift of the human body and how these are influenced by pursuing activity	289	303	95%	219	232	94%
5	What it means to learn and grow in personal wholeness by being a steward of the human body	289	3030	95%	220	233	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	289	303	95%	225	233	97%
2	Continue with the type of activity involved in my activity class	270	303	89%	208	232	90%
3	Use physical activity to relieve stress and tension	285	303	94%	221	232	95%
4	Influence others to participate in physical activities	278	303	92%	219	231	95%

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.