

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% |

| 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 |
| | | | | | | | | | | | | |

| | | | | | | | | | | | | |
|-----------------------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 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% |
| Curly-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% |
| Curly-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=) | | |
|-----------------|-----------------------------|------------------------|--|--|--------------------------|--|--|------------------------|--|--|
|-----------------|-----------------------------|------------------------|--|--|--------------------------|--|--|------------------------|--|--|

| | 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 |

| | | | | | | | | | | | | |
|----------------------------------|-----|-----|-----|--|--|--|--|--|--|--|--|--|
| 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=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 |
| 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 |

| | | | | | | | |
|--|--|--|------------------------|--|--|------------------------|--|
| 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% |

Kines: FELO Data, 2025-2026

| | | | | | | | |
|--|--|--|------------------------|--|--|------------------------|--|
| 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 | 303 | 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.