

Assessment Data Template - Kinesiology

Learning Outcome: Kinesiology Learning Outcome #4 – Students will learn and grow in personal wholeness by being stewards of the human body

Outcome Measure: Fitness outcomes (Fitness (Heart Rate) and Body Fat % Body Composition)

Criteria for Success (if applicable):

Longitudinal Data: PED 100

	Fall 2014		Spring 2015	
	Pre	Post	Pre	Post
2-Minute Step Test (BPM)	157	145	162	150
Recovery 2-Minute Step (BPM)	98	83	95	83
Sit ups (1-minute timed)	31	38	38	51
Push-ups(1-minute timed)	24	32	26	36
Body Composition (Fat %)	20	19	18	17
Overall Personal Well-Being	--	--	--	3.5

Conclusions Drawn from Data:

The reductions in Heart Rate and Body Fat percentage along with the improvements in overall strength following enrollment in Fitness Through Movement provide evidence that participation in PED 100 does lead to improved fitness and overall well-being among students that participate in this class. Overall, there was an 8% reduction in Heart Rate following the completion of the class and a 15% decrease in the amount of time it took students to recover following the 2-minute step test. This indicates that students overall, were more fit by the time they completed the course. In addition to the objective data, we recently asked students to assess their overall well-being on a scale from 1-4 (See Figure 1). 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.

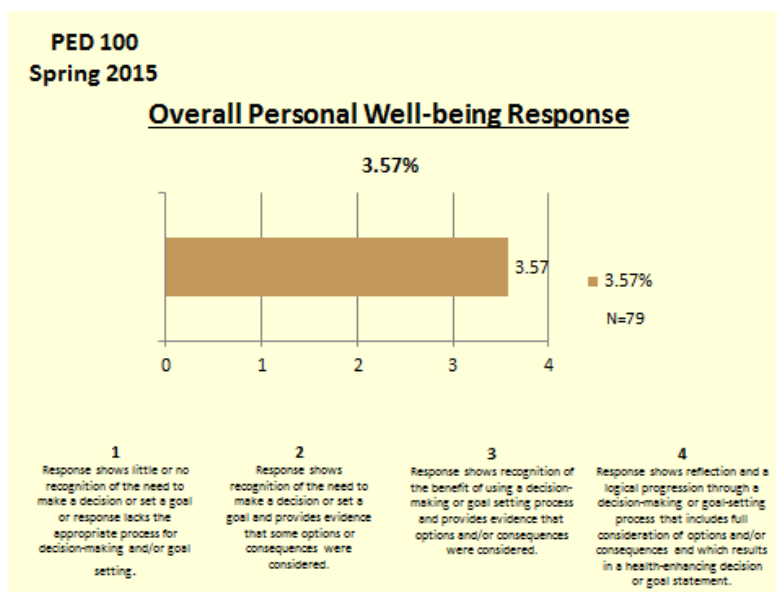


Figure 6. Self-reported personal well-being response rubric

Changes to be Made Based on Data:

At this time no changes need to be made, however, we are working to ensure that all PED 100 sections are using consistent measures of fitness, strength and body fat composition. Since there are currently five faculty who teach our section offerings working with these professors to create a syllabus that has similar learning outcomes is also a goal. We will also be searching for a more standardized way to assess self-reported well-being among the students who take this course.

Rubric Used: (see Figure 1)

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

Outcome Measure: Body composition and Heart Rate

Criteria for Success (if applicable): None

Longitudinal Data: PED 200

	Fa14s1	Fa14s2	Fa14s3	Sp15s2	Sp15s3		
HR Improvement	25	27	17	15	26	65	%
HR Decline	10	10	17	14	8	35	%
	0.71	0.73	0.50	0.52	0.76		
	0.29	0.27	0.50	0.48	0.24		
Body Comp Improvement	22	33	28	22	22	69	%
Body Comp Decline	13	7	10	14	13	31	%
	0.63	0.83	0.74	0.61	0.63		
	0.37	0.18	0.26	0.39	0.37		

Conclusions Drawn from Data:

On average 65% of Optimal Health students demonstrated improved cardiovascular fitness as measured by the Queen’s College step test. One interesting observation is that students that were very active in the summer tend to have a better pretest than posttest heart rate even though they are still considered fit and healthy. This also applies to college athletes such as volleyball and soccer players who took their pretest during their competitive season and post test during their off season. Because the Pre and Post tests are based on improvement, these types of students (who are still very fit) are artificially lowering the class improvement average.

On average 69% of Optimal Health students demonstrated improved body composition as measured by a Skyndex caliper.

Changes to be Made Based on Data:

No changes need to be made.

Rubric Used:

Each individual was evaluated as either showing improved or not improved physical conditioning.