

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

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

Outcome Measure: Heart Rate, Curl Ups and Push Ups

Criteria for Success (if applicable): 50% of students participating in a PED 100 course will have improvements in Heart Rate and Body Composition. 80% of students participating in PED 100 would experience an increase in curl ups and pushups from pretest to posttest.

Longitudinal Data: PED 100 for Kinesiology Learning Outcome #4

Table 1	Fall 2014		Spring 2015		Fall 2015			Spring 2016		
	Pre	Post	Pre	Post	Pre	Post	% Students Improved	Pre	Post	% Students Improved
2-Minute Step Test (BPM)	157	145	162	150	162	155	59%	150	143	65%
Recovery 2-Minute Step (BPM) – Fall 2015 changed to 3-Minute Step (BPM)	98	83	95	83	108	103	55%	91	88	42%
Curl Ups (1-minute timed)	31	38	38	51	32	38	91%	35	42	67%
Push-ups(1-minute timed)	24	32	26	36	30	36	88%	31	39	81%
Body Composition (Fat %)	20	19	18	17	19	19.1	50%	19.7	19	61%

Interpretation and Conclusion:

When comparing changes in the outcomes against our criteria for success we observed the greatest improvements during the curl up and push up. The percent of students improving on the curl up in the Spring of 2016 was ~20% less than the percent of students improving in the Fall of 2015. One of the reasons for the decline in the number of students improving could be related to the type of student enrolled in the course from Fall 2015 to Spring 2016. Additionally, at least 50% of students had a decrease in body composition. Overall, the results indicated that students were more fit by the time they completed PED 100. One area that did not meet the criteria for success was the recovery 2-minute step test. This may be a function of how students were instructed to assess heart rate.

Changes to be made:

During Spring 2016 we had students report data within a google form as opposed to hard documentation. This was beneficial because we had almost 3-4 times more data to use in our assessment. However, it was also problematic as students may not have been reporting accurate or sometimes data that could not be used. The plan for Fall 2016 is to ensure that each section in the PED 100 section is assessing heart rate consistently and that each professor is ensuring that the students have familiarity with the google form. This can be done by using face to face class time to go over the form.

Learning Outcome: Kinesiology Learning Outcome

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

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

Outcome Measure: Overall Personal Wellbeing

Criteria for Success (if applicable): Students will score 3 or above on personal wellbeing rubric after taking PED 100 (N=15)

Longitudinal Data: See Table 2

Fall 2015	Fall 2014		Fall 2015 (n=15)		Spring 2016 (n=178)	
Overall Personal Well-Being	--	3.5	--	3.3	--	3.4

Rubric Used: Figure 1

1	2	3	4
Response shows little or no recognition of the need to make a decision or set a goal or response lacks the appropriate process for decision making and/or goal setting	Response shows recognition of the need to make a decision or set a goal and provides evidence that some options or consequences were considered	Response shows recognition of the benefit of using decision-making or the goal setting process and provides evidence that options and/or consequences were considered	Response shows reflection and a logical progression through a decision-making or goal-setting process that includes full consideration of options and/or consequences and which results in a health-enhancing decision or goal statement

Interpretation and Conclusion:

In addition to the objective data presented above, we asked students to assess their overall well-being on a scale from 1-4 (See Figure 1). Our objective data (presented above) indicated overall improvements in students enrolled in the PED 100 courses but also our 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. This is indicated by the overall score on the wellness criteria of 3.3 in Fall 2015 and 3.4 in Spring 2016.

Changes to be made:

Based on Fall 2015 data and the suggested changes we made the following changes to the PED 100 curriculum:

1. Created a macro word document that students could type into
2. Embedded that document within Canvas
3. Had professors of those courses input rubric scores into a google spreadsheet

Unlike Fall 2015 where we only had data from one course. This semester all PED 100 sections turned in student data!

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

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

Outcome Measure: Body composition and Heart Rate

Criteria for Success (if applicable): 50% of students participating in PED 200 will have improvements (indicated by a decrease in both measures) in Heart Rate and Body Composition.

Rubric Used: No rubric used; each individual was evaluated as either showing improved or not improved in the area of physical fitness

Longitudinal Data: PED 200

	Fa14s1	Fa14s2	Fa14s3	Fa14 %	Sp15s2	Sp15s3	Sp15%	Fa15s1	Fa15s2	Fa15s3	Fa15%	Total # students	Total %
Heart Rate ↓	25	27	17		15	26		24	31	24		189	
Heart Rate ↑	10	10	17		14	8		9	6	10		84	
	0.71	0.73	0.50	65%	0.52	0.76	64%	0.73	0.84	0.71	76%		68%
	0.29	0.27	0.50	35%	0.48	0.24	36%	0.27	0.16	0.29	24%		32%
Body Comp % ↓	22	33	28		22	22		22	28	15		192	
Body Comp % ↑	13	7	10		14	13		11	11	15		94	
	0.63	0.83	0.74	73%	0.61	0.63	62%	0.67	0.72	0.50	63%		66%
	0.37	0.18	0.26	27%	0.39	0.37	38%	0.33	0.28	0.50	37%		34%

	Sp16s2	Sp16s3	Total # students	Total %
Heart Rate ↓	14	23	226	
Heart Rate ↑	1	7	92	
	0.93	0.77		72%
	0.07	0.23		28%
Body Comp % ↓	21	12	225	
Body Comp % ↑	7	4	105	
	0.75	0.75		68%
	0.25	0.25		32%

Interpretation and Conclusion:

When comparing changes in outcomes against our criteria for success, at least 50% of the students participating in PED 200 were more fit by the end of the course. More specifically, our longitudinal data shows that 72% of students experienced a decline in heart rate and 68% of students had a decrease in their overall body composition. In spring 2016, 85% of students experienced a decline in heart rate from pre to posttest and 75% of students had a reduction in body composition. These results indicated that a good portion of the students taking this course are generally more fit by the time they finish the course.

Changes to be made:

No changes to be made.

Learning Outcome: Kinesiology Learning Outcome

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

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

Outcome Measure: Body composition and Heart Rate

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 PED activity course will report “somewhat” or “strongly agree” to the questions listed in the table below

PED activity courses overall*

Question - As a result of this activity class I have a greater understanding and appreciation that/of:	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1 Physical activity is related to my physical well being	479	78	12	15	9	586	95
2 Participating in physical activity is related to my emotional and spiritual well being	432	116	24	3	11	586	94
3 Participating in physical activity enhances my social well being	405	132	36	5	9	587	91
4 The beauty and gift of the human body and how these are influenced by pursuing activity	401	140	26	7	10	584	93
5 What it means to learn and grow in personal wholeness by being a steward of the human body	372	149	46	7	11	585	89

*Represents data from the following PED courses: 100, 112, 120, 130, 131, 148, 150, 155, 168

Interpretation and Conclusions:

Eighty-nine percent of students taking activity courses in the Department of Kinesiology reported having a greater understanding of what it means to learn and grow in personal wholeness by being a steward of the human body. This finding meets the Departmental criteria, however, one of the most powerful findings in this assessment data is that students also left our classes understanding how physical activity related to their physical wellbeing. Overall, the data from our activity courses is very positive. This is no surprising, when we look at the objective data gathered in the PED 100 and 200 series....not only do students have a greater understanding...overall, students are leaving our activity classes fitter than when they began. When assessing each course individually, there was one course (PED 130 – Beginning Volleyball) where our criteria was not met.

Changes that need to be made:

At this time no changes need to be made.

Results broken into individual activity courses:

PED 100

Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	162	26	10	2	4	204	92
2	Participating in physical activity is related to my emotional and spiritual well being	146	39	14	2	4	205	90
3	Participating in physical activity enhances my social well being	125	56	18	2	4	205	88
4	The beauty and gift of the human body and how these are influenced by pursuing activity	125	55	14	4	5	203	89
5	What it means to learn and grow in personal wholeness by being a steward of the human body	117	56	23	3	6	205	84

PED 110 – Martial Arts and Self Defense

Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	17	7	0	1	0	25	96
2	Participating in physical activity is related to my emotional and spiritual well being	14	9	2	0	0	25	93
3	Participating in physical activity enhances my social well being	11	11	2	1	0	25	88
4	The beauty and gift of the human body and how these are influenced by pursuing activity	11	11	3	0	0	25	88
5	What it means to learn and grow in personal wholeness by being a steward of the human body	8	14	3	0	0	25	88

PED 112 – Yoga Sculpt

Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	25	3	0	0	0	28	100
2	Participating in physical activity is related to my emotional and spiritual well being	23	4	1	0	0	28	96
3	Participating in physical activity enhances my social well being	20	6	2	0	0	28	93
4	The beauty and gift of the human body and how these are influenced by pursuing activity	22	6	0	0	0	28	100
5	What it means to learn and grow in personal wholeness by being a steward of the human body	23	3	2	0	0	28	93

PED 120 – Tennis

Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	17	3	0	0	1	21	95
2	Participating in physical activity is related to my emotional and spiritual well being	17	2	1	0	1	21	90
3	Participating in physical activity enhances my social well being	16	3	1	0	1	21	90
4	The beauty and gift of the human body and how these are influenced by pursuing activity	15	4	1	0	1	21	90
5	What it means to learn and grow in personal wholeness by being a steward of the human body	15	3	2	0	1	21	86

PED 130 – Beginning Volleyball

Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	21	5	1	0	1	28	93
2	Participating in physical activity is related to my emotional and spiritual well being	14	9	3	0	1	28	82
3	Participating in physical activity enhances my social well being	20	3	4	0	1	28	82
4	The beauty and gift of the human body and how these are influenced by pursuing activity	16	7	4	0	1	28	82
5	What it means to learn and grow in personal wholeness by being a steward of the human body	13	9	4	1	1	28	79

PED 131 – Advanced Volleyball

Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	14	1	0	0	0	15	100
2	Participating in physical activity is related to my emotional and spiritual well being	14	1	0	0	0	15	100
3	Participating in physical activity enhances my social well being	14	1	0	0	0	15	100
4	The beauty and gift of the human body and how these are influenced by pursuing activity	12	3	0	0	0	15	100
5	What it means to learn and grow in personal wholeness by being a steward of the human body	13	1	1	0	0	15	93

PED 148 – Aerobics

Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	36	4	0	0	0	40	100
2	Participating in physical activity is related to my emotional and spiritual well being	33	7	0	0	0	40	100
3	Participating in physical activity enhances my social well being	29	11	0	0	0	40	100
4	The beauty and gift of the human body and how these are influenced by pursuing activity	30	10	0	0	0	40	100
5	What it means to learn and grow in personal wholeness by being a steward of the human body	30	10	0	0	0	40	100

PED 150 – Golfing

Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	18	5	2	2	1	28	82
2	Participating in physical activity is related to my emotional and spiritual well being	17	9	0	1	1	28	93
3	Participating in physical activity enhances my social well being	21	4	1	1	1	28	89
4	The beauty and gift of the human body and how these are influenced by pursuing activity	19	6	1	1	1	28	89
5	What it means to learn and grow in personal wholeness by being a steward of the human body	17	8	1	1	1	28	89

PED 155 – Weight Training

Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	54	3	0	0	1	58	98
2	Participating in physical activity is related to my emotional and spiritual well being	48	9	0	0	1	58	98
3	Participating in physical activity enhances my social well being	42	11	4	0	1	58	91
4	The beauty and gift of the human body and how these are influenced by pursuing activity	47	10	0	0	1	58	98
5	What it means to learn and grow in personal wholeness by being a steward of the human body	41	12	3	0	1	58	91

PED 160 – Golf

Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	13	5	0	0	0	18	100
2	Participating in physical activity is related to my emotional and spiritual well being	14	4	0	0	0	18	100
3	Participating in physical activity enhances my social well being	14	4	0	0	0	18	100
4	The beauty and gift of the human body and how these are influenced by pursuing activity	12	6	0	0	0	18	100
5	What it means to learn and grow in personal wholeness by being a steward of the human body	11	6	1	0	0	18	94

PED 170 – Outdoor Activities

Question - As a result of this activity class I have a greater understanding and appreciation that/of:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Physical activity is related to my physical well being	10	2	0	0	0	12	100
2	Participating in physical activity is related to my emotional and spiritual well being	9	3	0	0	0	12	100
3	Participating in physical activity enhances my social well being	11	1	0	0	0	12	100
4	The beauty and gift of the human body and how these are influenced by pursuing activity	11	1	0	0	0	12	100
5	What it means to learn and grow in personal wholeness by being a steward of the human body	10	2	0	0	0	12	100