

**Kinesiology
GELO Assessment Data
2014-2019**

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: PED 100-Heart Rate, Curl Ups and Push Ups

Criteria for Success (if applicable): At least 50% of students participating in a PED 100 course will have improvements in Heart Rate and Body Composition.

60% of students participating in PED 100 will 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			Fall 2016 (N=244)			Spring 2017 (N=222)		
	Pre	Post	Pre	Post	Pre	Post	% Students Improved	Pre	Post	% Students Improved	Pre	Post	% Students Improved	Pre	Post	% Students Improved
2-Minute Step Test (BPM)	157	145	162	150	162	155	59%	150	143	65%	151	144	60%	145	139	55%
Recovery 2-Minute Step (BPM) – Fall 2015 changed to 3-Minute Step (BPM)	98	83	95	83	108	103	55%	102	92	42%	102	94	59%	96	87	65%
Curl Ups (1-minute timed)	31	38	38	51	32	38	91%	35	42	67%	34	38	51%	34	41	62%
Push-ups(1-minute timed)	24	32	26	36	30	36	88%	31	39	81%	30	36	66%	26	33	69%
Body Fat (%)	20	19	18	17	19	19.1	50%	19.7	19	61%	19.4	19	51%	20.1	19.5	56%

Table 1	Fall 2017 (N=123)			Spring 2018 (N=105)			Fall 2018 (N=166)			Spring 2019 (N=136)		
	Pre	Post	% Students Improved	Pre	Post	% students improved	Pre	Post	% students improved	Pre	Post	% students improved
2-Minute Step Test (BPM)	155	151	57%	148	141	64%	150	146	53%	146	140	57%
Recovery 2-Minute Step (BPM) – Fall 2015 changed to 3-Minute Step (BPM)	100	93	54%	96	91	57%	93	90	52%	96	88	67%
Curl Ups (1-minute timed)	30	35	66%	31	37	67%	31	35	49%	29	35	60%
Push-ups(1-minute timed)	28	35	68%	31	42	82%	29	34	54%	27	95	69%
Body Fat (%)	19.8	19.9	36%	23.8	23.2	59%	21.5	21.7	41%	NA	NA	MA

Interpretation and Conclusion:

All criteria were met for this general learning outcome

In the 18-19 school year a departmental decision was made discontinue collecting data on body composition. Overall, when we looked at data from this particular course it became clear that altering body composition was not an overall goal of the fitness through movement courses.

Changes to be made:

For our curl up and push outcomes we will shift from looking at change scores and will look at shifts in category as recommended by ACSM standards in the 19-20 academic school year.

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: PED 200-Heart Rate, Curl Ups and Push Ups

Criteria for Success (if applicable): At least 50% of students participating in a PED 200 course will have improvements in Heart Rate and Body Composition. 60% of students participating in PED 200 will increase in curl ups and pushups from pretest to posttest.

Longitudinal Data: PED 200 for Kinesiology Learning Outcome #4

Table 1	Fall 2018 (N=77)			Spring 2019 (N=120; BPM) N=55; Curl/Pushups)		
	Pre	Post	% Students Improved	Pre	Post	% students improved
2-Minute Step Test (BPM)	154	156	41%	162	159	45%
Recovery 2-Minute Step (BPM) – Fall 2015 changed to 3-Minute Step (BPM)	100	94	55%	124	117	56%
Curl Ups (1-minute timed)	30	34	46%	34	37	47%
Push-ups(1-minute timed)	27	31	53%	29	33	49%
Body Fat (%)	25.8	26	32%	NA	NA	NA

Interpretation and Conclusion:

The Kinesiology department captured heart rate and endurance outcomes (in two of the sections) within the PED 200 series. The criteria for success was met in the recovery heart rate category. One consideration when we compare PED 200 to the 100 series is that the PED 200 course is focused on classroom learning and not activity, therefore, the criteria set for the PED 100 series which includes required activity may have been too high. Overall, 56% of the students participating in PED 200 had improvements in their heart rate.

Changes to be made:

As a department we decided to move away from the body composition outcome in the spring 2019. As we continue to collect longitudinal data in the PED 200 course offerings we will discuss what criteria standards should be set to represent the change we expect to see in this particular class given the amount of activity

the students participate in. As mentioned above, we will shift to the ACSM categorical standards for the 2019-2020 academic school year. Additionally, all PED 200 courses will use heart rate monitors to collect heart rate data.

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: PED 100-Overall Personal Wellbeing

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

Table 2: Longitudinal Data

	Fall 14	Fall 15 (n=15)	Spring 16 (n=178)	Fall 16 (n=148)	Spring 17 (n=140)	Fall 17 (n=99)	Spring 18 (n=135)	Fall 18 (n = 175)	Spring 19 (n = 128)
Overall Personal Well-Being	3.5	3.3	3.4	3.2	3.5	3.4	3.5	2.6	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:

Criteria for success met for spring 2019.

Changes to be made:

Continue to calibrate with professors each semester.

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: PED 200-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 Fat % ↓	22	33	28		22	22		22	28	15		192	
Body Fat% ↑	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	Sp16%	Fa16s1	Fa16s2	Fa16s3	Fa16%	Sp17s2	Sp17s3	Sp17%	Fa17s1	Fa17s2	Fa17s3	Fa17%	Sp18s2	Sp18s3	Sp18%	Total # students	Total %
Heart Rate ↓	14	23		NR	NR	NR	NR	NR	NR		NR	NR	NR	NR	21	19		266	
Heart Rate ↑	1	7		NR	NR	NR	NR	NR	NR		NR	--	NR	NR	5	14		111	
Heart Rate Maintained	--	--	--	--	--	--	--	--	--	--	--	--	--	--	4	0		4	
%Heart Rate ↓	0.93	0.77	85%	--	--	--	--	--	--	--	--	--	--	--	0.70	0.58	64%		70%
%Heart Rate ↑	0.07	0.23	15%	--	--	--	--	--	--	--	--	--	--	--	0.17	0.42	30%		29%
%Heart Rate Maintained	--	--	--	--	--	--	--	--	--	--	--	--	--	--	0.13	0.00	6%		1%
Body Fat% ↓	21	12		30	32	32		16	27		13	29	28		24	22		478	
Body Fat % ↑	7	4		9	7	9		4	4		7	9	24		5	10		193	
Body Fat % No Change	--	--	--	--	--	--	--	--	--	--	5	4	0		5	1		15	
%Body Fat% ↓	0.75	0.75	75%	0.77	0.82	0.79	79%	.82	.88	85%	0.52	0.69	0.54	58%	0.70	0.67	69%		70%

%Body Fat % ↑	0.25	0.25	25%	0.23	0.18	0.21	21%	.18	.12	15%	0.28	0.21	0.46	32%	0.15	0.30	23%		28%
%Body Fat % No Change	--	--	--	--	--	--	--	--	--	--	0.20	0.10	0.00	10%	0.15	0.03	9%		2%

	Sp19S2	Sp19S3	Total # students	Spring 19 %
Heart Rate ↓	18	32	295	
Heart Rate ↑	6	3	120	
Heart Rate Maintained	3	2	9	
%Heart Rate ↓	.67	.85		76%
%Heart Rate ↑	.22	.08		15%
%Heart Rate Maintained	.11	.07		9%
Body Fat% ↓	18	18	524	
Body Fat % ↑	3	11	207	
Body Fat % No Change	6	7	28	
%Body Fat% ↓	.67	.50		59%
%Body Fat % ↑	.11	.31		21%
%Body Fat % No Change	.22	.19		30%

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 70% of students (experienced a decline in heart rate and 72% of students had a decrease in their overall body composition. The results indicate that students taking this course have improvements in their fitness

Changes to be made:

In the PED 200 series we currently have HR data being collected differently across the three sections. Beginning fall 2019 our goal is to have all sections collect data using the heart rate monitors to provide consistency of measurement. A professor who uses HR monitors to capture data teaches two of our section offering his data is presented above.

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: Physical Activity Courses - Body composition, Heart Rate data and responses on 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 PED activity course will report “somewhat” or “strongly agree” to the questions listed in the table below

Spring 2016

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	489	81	15	5	10	600	95
2	Participating in physical activity is related to my emotional and spiritual well being	442	119	24	3	12	600	94
3	Participating in physical activity enhances my social well being	415	134	37	5	10	601	91
4	The beauty and gift of the human body and how these are influenced by pursuing activity	412	141	27	7	11	598	92
5	What it means to learn and grow in personal wholeness by being a steward of the human body	390	154	46	7	12	599	91
Question – As a result of taking this activity class I am more likely to:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	420	140	25	7	9	601	93
2	Continue with the type of activity involved in my activity class	340	153	67	28	13	601	82
3	Use physical activity to relieve stress and tension	403	146	34	8	9	600	92
4	Influence others to participate in physical activities	357	164	61	9	9	600	87

Fall 2016

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	501	126	19	4	10	660	95
2	Participating in physical activity is related to my emotional and spiritual well being	419	188	36	7	10	660	92
3	Participating in physical activity enhances my social well being	387	208	44	9	12	660	90
4	The beauty and gift of the human body and how these are influenced by pursuing activity	396	199	58	4	12	658	90
5	What it means to learn and grow in personal wholeness by being a steward of the human body	383	193	58	12	14	660	87
Question – As a result of taking this activity class I am more likely to:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	403	201	41	5	9	659	92
2	Continue with the type of activity involved in my activity class	296	233	100	18	13	660	80
3	Use physical activity to relieve stress and tension	400	190	53	5	10	658	90
4	Influence others to participate in physical activities	335	232	74	7	11	659	89

Spring 2017

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	210	44	6	1	4	265	96
2	Participating in physical activity is related to my emotional and spiritual well being	182	63	11	4	5	265	92
3	Participating in physical activity enhances my social well being	171	63	22	3	6	265	88
4	The beauty and gift of the human body and how these are influenced by pursuing activity	170	64	22	4	5	265	88
5	What it means to learn and grow in personal wholeness by being a steward of the human body	164	74	17	4	6	265	90
Question – As a result of taking this activity class I am more likely to:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	175	73	14	2	2	266	93
2	Continue with the type of activity involved in my activity class	145	82	26	11	2	266	85
3	Use physical activity to relieve stress and tension	184	64	14	2	2	266	93
4	Influence others to participate in physical activities	159	77	20	6	8	264	89

Fall 2017

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	473	87	20	2	9	591	94%
2	Participating in physical activity is related to my emotional and spiritual well being	428	121	27	5	9	590	93%
3	Participating in physical activity enhances my social well being	391	140	37	9	13	590	90%
4	The beauty and gift of the human body and how these are influenced by pursuing activity	408	132	30	7	11	590	91%
5	What it means to learn and grow in personal wholeness by being a steward of the human body	390	133	44	8	11	586	89%
Question – As a result of taking this activity class I am more likely to:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	412	136	30	4	9	591	93%
2	Continue with the type of activity involved in my activity class	323	167	70	22	6	598	82%
3	Use physical activity to relieve stress and tension	404	136	34	5	10	589	92%
4	Influence others to participate in physical activities	345	165	63	8	8	589	87%

Spring 2018

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	313	49	5	2	5	374	97%
2	Participating in physical activity is related to my emotional and spiritual well being	285	68	14	2	5	374	94%
3	Participating in physical activity enhances my social well being	273	73	19	2	6	373	93%
4	The beauty and gift of the human body and how these are influenced by pursuing activity	271	84	12	0	6	373	95%
5	What it means to learn and grow in personal wholeness by being a steward of the human body	259	93	15	1	6	374	94%
Question – As a result of taking this activity class I am more likely to:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	276	78	14	1	3	372	95%
2	Continue with the type of activity involved in my activity class	207	101	43	12	10	373	83%
3	Use physical activity to relieve stress and tension	272	75	18	3	4	372	93%
4	Influence others to participate in physical activities	236	103	97	4	5	370	92%

Fall 2018

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	282	86	17	7	7	399	92%
2	Participating in physical activity is related to my emotional and spiritual well being	267	87	29	7	8	398	89%
3	Participating in physical activity enhances my social well being	230	113	35	12	3	399	86%
4	The beauty and gift of the human body and how these are influenced by pursuing activity	240	108	34	7	9	398	87%
5	What it means to learn and grow in personal wholeness by being a steward of the human body	234	108	38	8	9	397	86%
Question – As a result of taking this activity class I am more likely to:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	224	132	31	7	6	400	89%
2	Continue with the type of activity involved in my activity class	184	123	58	26	9	400	77%
3	Use physical activity to relieve stress and tension	238	111	37	5	10	401	87%
4	Influence others to participate in physical activities	168	137	69	14	12	400	76%

Spring 2019

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	179	20	3	1	1	204	96%
2	Participating in physical activity is related to my emotional and spiritual well being	164	30	8	1	1	204	95%
3	Participating in physical activity enhances my social well being	149	41	10	3	1	204	93%
4	The beauty and gift of the human body and how these are influenced by pursuing activity	147	45	10	1	1	204	94%
5	What it means to learn and grow in personal wholeness by being a steward of the human body ²³⁴	148	41	12	1	2	204	93%
Question – As a result of taking this activity class I am more likely to:		Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree	Total Responses	Percent of students in the agree category
1	Continue with physical activity in general	151	43	8	1	1	204	95%
2	Continue with the type of activity involved in my activity class	113	57	27	5	2	204	83%
3	Use physical activity to relieve stress and tension	149	45	7	0	2	203	95%
4	Influence others to participate in physical activities	124	61	13	2	2	202	92%

Interpretation and Conclusions:

We met the criteria for success in all categories for spring 2019.

Changes that need to be made:

None at this time.