

College of Health Science
FELO data, 2022-2023

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	Fall 2017 (N=123)			Spring 2018 (N=105)			Fall 2018 (N=166)			Spring 2019 (N=136)			Fall 2019 (N=148)		
	Pre	Post	% Students Improved	Pre	Post	% students improved	Pre	Post	% students improved	Pre	Post	% students improved	Pre	Post	% Students Improved
3-Minute Step Test (BPM)	155	151	57%	148	141	64%	150	146	53%	146	140	57%	154	151	57%
1-Minute recovery (BPM)	100	93	54%	96	91	57%	93	90	52%	96	88	67%	120	116	57%
Curl-ups (1-minute timed)	30	35	66%	31	37	67%	31	35	49%	29	35	60%	29	33	52%
Push-ups (1-minute timed)	28	35	68%	31	42	82%	29	34	54%	27	33	69%	26	33	68%
Body Fat (%)	19.8	19.9	36%	23.8	23.2	59%	21.5	21.7	41%	NA	NA	NA	NA	NA	NA

Table 1	Spring 2020 (N= 135)			Fall 2020 (N= 137)			Spring 2021 (N= 81)			Fall 2021 (N= 82)		
	Pre	Post	% Students Improved	Pre	Post	% students improved	Pre	Post	% Students Improved	Pre	Post	% students improved

3-Minute Step Test (BPM)	137	132	56%	133	131	54%	130	123	40%	143	138	59%
1-Minute recovery (BPM)	105	98	60%	97	91	51%	109	106	39%	105	98	63%
Curly-ups (1-minute timed)	34	40	60%	33	40	51%	32	40	81%	33	35	35%
Push-ups (1-minute timed)	30	36	62%	27	32	62%	25	31	63%	28	33	40%

Table 1*	Fall 2021 On-Line (N= 16)			Spring 2022 (N= 108)			Fall 2022			Spring 2023		
	Pre	Post	% students improved	Pre	Post	% students improved	Pre	Post	% students improved	Pre	Post	% students improved
3-Minute Step Test (BPM)	125	117.5	67%	147	140	73%	136	132	65%	139	118	62%
1-Minute recovery (BPM)	97	94	61%	106	100	58%	106	99	66%	92	78	69%
Curly-ups (1-minute timed)	35	45	50%	33	38	47%	32	38	53%	31	35	50%
Push-ups (1-minute timed)	22	26	44%	31	38	42%	29	35	53%	23	28	54%

Table 2 ACSM Standards Curl-up (N=148) Push-up (N=148) Activity (N=130)	Fall 2019 % of students who fell into the good, very good or excellent category pre curl-up (N=105)	Fall 2019 % of students who fell into the good, very good or excellent category post curl-up (N= 134)	Fall 2019 % of students who shifted categories curl-up (N=67)	Fall 2019 % of students who fell into the good, very good or excellent category pre push-up (N=119)	Fall 2019 % of students who fell into the good, very good or excellent category post push-up (N= 134)	Fall 2019 % of students who shifted categories push-up (N=67)	Fall 2019 Average # of minutes of activity per week
	71%	91%	45%	80%	94%	52%	187 Minutes
Curl-up (N=134) Push-up (N = 134)	Spring 2020 % of students who fell into the good, very good or excellent category pre curl-up (N=112)	Spring 2020 % of students who fell into the good, very good or excellent category post curl-up (N= 130)	Spring 2020 % of students who shifted categories curl-up (N=58)	Spring 2020 % of students who fell into the good, very good or excellent category pre push-up (N= 115)	Spring 2020 % of students who fell into the good, very good or excellent category post push-up (N= 126)	Spring 2020 % of students who shifted categories push-up (N=53)	Average # of minutes of activity per week
	83%	90%	43%	85%	93%	39%	243 Minutes
Curl-Up (N=137) Push-Up (N=137)	Fall 2020 % of students who fell into the good, very good or excellent category pre curl-up (N= 99)	Fall 2020 % of students who fell into the good, very good or excellent category post curl-up (N= 118)	Fall 2020 % of students who shifted categories curl-up (N=80)	Fall 2020 % of students who fell into the good, very good or excellent category pre push-up (N=96)	Fall 2020 % of students who fell into the good, very good or excellent category post push-up (N=124)	Fall 2020 % of students who shifted categories push-up (N= 81)	Fall 2020 Average # of minutes of activity per week
	72%	86%	65%	69%	91%	59%	258 Minutes
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)	Fall 2021	Fall 2021	Fall 2021	Fall 2021	Fall 2021	Fall 2021	Fall 2021

Activity (N=103)	% of students who fell into the good, very good or excellent category pre curl-up (N=72)	% of students who fell into the good, very good or excellent category post curl-up (N= 77)	% of students who shifted categories curl-up (N=29)	% of students who fell into the good, very good or excellent category pre push-up (N=66)	% of students who fell into the good, very good or excellent category post push-up (N= 69)	% of students who shifted categories push-up (N=33)	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 good, very good or excellent category pre curl-up (N= 78)	Spring 2023 % of students who 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 who fell into the good, very good or excellent category pre push-up (N=75)	Spring 2023 % of students who 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%	388 Minutes

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 80% of students in the curl up category and 76% 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 62% improved in their peak HR (meaning they did not have to “work” as hard to complete the posttest) and 69% showed improvements in their 1-minute recovery HR. A further assessment in this series reveals that on average/week students are spending approximately 388 minutes engaging in intentional physical activity. This is 238 minutes above the weekly ACSM requirements.

Changes to be made:

None at this time.

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 2000 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=)		
	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%			
1 minute recovery (BPM)	112	107	56%	107	97	70%	109	101	68%			
Curl Ups (1-minute timed)	32	36	56%	30	34	43%	29	32	47%			
Push-ups(1-minute timed)	33	37	75%	27	30	53%	23	26	44%			

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

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 80% of students in the curl up category and 76% 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 67% improved in their peak HR (meaning they did not have to “work” as hard to complete the posttest) and 68% showed improvements in their 1-minute recovery HR. A further assessment in this series reveals that on average/week students are spending approximately 299 minutes engaging in intentional physical activity. This is double the weekly ACSM requirements.

Changes to be made:

None at this time.

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 2018-Spring 2019

		Spring 2019			Fall 2018		
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	199	204	96%	368	399	92%
2	Participating in physical activity is related to my emotional and spiritual well being	194	204	95%	354	398	89%
3	Participating in physical activity enhances my social well being	190	204	93%	343	399	86%
4	The beauty and gift of the human body and how these are influenced by pursuing activity	192	204	94%	348	398	87%
5	What it means to learn and grow in personal wholeness by being a steward of the human body	189	204	93%	342	397	86%
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	194	204	95%	356	400	89%
2	Continue with the type of activity involved in my activity class	170	204	83%	307	400	77%
3	Use physical activity to relieve stress and tension	194	203	95%	349	401	87%
4	Influence others to participate in physical activities	185	202	92%	305	400	76%

Fall 2019-Spring 2020

		Spring 2020			Fall 2019		
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	262	290	90%	281	296	95%
2	Participating in physical activity is related to my emotional and spiritual well being	268	290	92%	270	295	92%
3	Participating in physical activity enhances my social well being	280	292	96%	266	293	91%
4	The beauty and gift of the human body and how these are influenced by pursuing activity	220 59	292	96%	267	294	91%
5	What it means to learn and grow in personal wholeness by being a steward of the human body	266	292	91%	263	295	89%
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	270	292	94%	269	295	91%
2	Continue with the type of activity involved in my activity class	245	291	84%	242	294	82%
3	Use physical activity to relieve stress and tension	271	292	93%	268	295	91%
4	Influence others to participate in physical activities	246	292	84%	250	295	85%

Fall 2020-Spring 2021

		Spring 2021			Fall 2020		
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	370	427	86%	542	554	98%
2	Participating in physical activity is related to my emotional and spiritual well being	404	428	94%	529	552	96%
3	Participating in physical activity enhances my social well being	404	428	94%	505	551	92%
4	The beauty and gift of the human body and how these are influenced by pursuing activity	406	427	95	532	551	95%
5	What it means to learn and grow in personal wholeness by being a steward of the human body	403	428	94%	512	550	93%
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	422	427	96%	531	553	96%
2	Continue with the type of activity involved in my activity class	373	427	87%	470	552	85%
3	Use physical activity to relieve stress and tension	399	426	94%	518	550	94%
4	Influence others to participate in physical activities	386	426	91%	481	549	88%

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%

Interpretation and Conclusions:

We met the criteria for success in all categories for from 2017 to spring 2023.

Changes that need to be made:

None at this time.