

# Crafton Hills College - Outcomes Assessment Report

**Course:** PE/I070 -- Fitness Evaluation

**Term:** 2009 Spring

## 1. Learning Outcomes Statement

1. Students appreciate one's own physical, mental and emotional health, and demonstrate the knowledge and/or skills associated with actions necessary for optimum health and physical efficiency.

## 2. Means of Assessment (Measurement Method)

Conducted a pretest and post-test measuring dietary change. Dietary change was determined by reviewing food journals, changes in body weight and changes in body fat. Conducted a pretest and post-test measuring fitness change. Fitness change was determined by comparing pre/post-test data for body fat, blood pressure, resting pulse, grip strength, sit & reach, step-test, push-ups and sit-ups.

## 3. Criteria for Success (Benchmark)

### Rubric: Fitness - overall improvemnt

Owner: Course Level - Physical Ed - IndividualGroup

#### Rubric Levels

0. No demonstrated achievement - Student did not engage or compete activity.
1. Inadequate - Student made minimal effort toward their stated fitness or dietary goal.
2. Adequate - Student made significant progress toward their stated fitness or dietary goal.
3. Excellent - Student made outstanding progress or achievement of their stated fitness or dietary goal.

## 4. Summary of Evidence

PE/I070X4 Fitness Evaluation Spring 2009 Sec 01 (Actuals)	<a href="#">Show Percentages</a>   <a href="#">Display as PDF</a>	Assessment Results By Level					
Assessment: PE/I 070 Pretest		NS	0	1	2	3	Total
Gen Ed: Health and Wellness - Assessed Effort Students will demonstrate an overall improvement in fitness and/or diet.							
Improvement in Fitness <a href="#">Rubric [PDF]</a>		6	0	1	23	70	94
Improvement in Diet <a href="#">Rubric [PDF]</a>		81	0	1	4	14	19
Assessment: PE/I 070 Post-test		NS	0	1	2	3	Total
Gen Ed: Health and Wellness - Assessed Effort Students will demonstrate an overall improvement in fitness and/or diet.							
Improvement in Fitness <a href="#">Rubric [PDF]</a>		18	0	1	6	75	82
Improvement in Diet <a href="#">Rubric [PDF]</a>		85	0	0	7	8	15

Looking at the scores most students showed at least some degree of improvement . 81% of students showed improvement in overall fitness level, whereas 15% showed improvement in Diet. About 8-10% of students did not participate in their post-test evaluation.

*5. Use of Results (Implications for Program Improvement & Planning)*

The Fitness goals were too easy to achieve. Higher fitness standards will be set. However, few of the students set dietary goals and were assessed.

More focused attention on dietary implications on overall health will be pursued.