

Crafton Hills College - Outcomes Assessment Report

General Education Outcome: Health & Wellness

Assessed: 2024-2025

Learning Outcomes Statement

Students successfully completing a course in this area will be able to 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.

Means of Assessment (Measurement Method)

Students were assessed during either the Fall 2024 or Spring 2025 semesters. Assessments occurred in 200 sections and resulted in a total of 3,028 assessments.

Summary of Evidence

Table 1: Number and Percent of students scoring 3 or Higher on the GEO.

GEO #	General Education Outcome	# 3 or higher	% 3 or higher
9	Students successfully completing a course in this area will be able to 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.	2,880	95.11%

List of courses where outcomes were mapped to the GEO (53 Unique Courses).

CD-126	KIN/F-109D	KIN/S-148A
COMMST-100	KIN/F-121A	KIN/S-148D
COUN-100	KIN/F-121B	KIN/S-159A
EMS-067	KIN/F-121C	KIN/S-159B
EMS-103	KIN/F-127A	KIN/S-164A
FIRET-113	KIN/F-127B	KIN/X-190AX3
HEALTH-102	KIN/F-155A	KIN/X-190BX3
HEALTH-104	KIN/F-155B	KIN/X-191AX3
HEALTH-263	KIN/F-155D	KIN/X-191BX3

HEALTH-265	KIN/F-168A	KIN-200
HEALTH-267	KIN/F-168B	KIN-231
KIN/F-049	KIN/F-168C	RESP-132
KIN/F-106A	KIN/F-191A	RESP-408
KIN/F-106B	KIN/F-191B	
KIN/F-108A	KIN/F-191C	
KIN/F-108B	KIN/F-970A	
KIN/F-108C	KIN/F-970B	
KIN/F-109A	KIN/S-138A	
KIN/F-109B	KIN/S-138B	
KIN/F-109C	KIN/S-138D	

Use of Results/Proposed Actions – Individual Submissions

1	The influence of a number of "adult" learners in this class had a very positive overall influence on the overall class experience. Based on this I will continue to market this class in our senior gated communities. This positive influence was in both the social aspect of class as well as the appreciation for and efforts in the improvement and development of skills throughout the semester. Based on the assessment results of the knowledge of rules and strategies, I will continue to require the information tests that take place throughout the semester. These assessment opportunities give a clear emphasis on practical knowledge of playing strategies, rules, the code, and etiquette. One other component of class that worked exceptionally well this semester was the competitive component.
2	Apprehension and Listening Assessment used. TBD at our next faculty meeting.
3	At this level I would like to implement quarterly check ups through out the quarter.
4	Check through the course for outdated materials and needed updates.
5	Continue to provide a variety of opportunities to participate both in course and on their own outside of the class time. Invite students to look towards their communities and what is available/accessible to participate in hiking/walking/running activities solo, with friends/family.
6	Course the student loved in their "course reflections," many were grateful to take a class that taught them so much health literacy. I dropped many students for not participating, 3 stopped participating 2 weeks in, and I could not asses them.
7	Drop students that miss more that 2 classes before the census date.
8	Earlier communication with the students. Making sure in the introduction presentation, that the key requirements are outlined and made clear for all students. Provide clear examples of what are the exceptions for a complete narrative.
9	Employ more activities within the classroom and outside when accessible. Students greatly appreciated and positively responded to activities following a lecture/lesson to obtain tactile and kinesthetic knowledge of what was being presented. Additionally allowed for students to interact with one another in meaningful ways. Add career options that are both closer to their specific requests as well as tangible items from guest speakers to provide.
10	Encourage consistent participation and increased repetition of exercises.
11	Encourage retention of Pilates principles without having to rely on notes or instructor prompting. Emphasize consistent attendance and increased repetition of exercises to improve performance.

12	Enhance the involvement of student athletes for recruitment at both local community and immediate college level.
13	Exceptional class --- no proposed actions are necessary.
14	Exceptional class - no proposed actions are needed.
15	First academy as an individual instructor versus splitting with another instructor. Implemented many changes this semester for the academy in accordance with the Fire Chief's requests. Overall it went exceedingly well and so we anticipate to intensify and adapt the physical aptitude tests to further challenge our future fire fighters.
16	For students taking a class for the second time I will start implementing additional more advance goals so they continue to progress their fitness.
17	For students taking the course again I am gong to change how they create their goal to increase the intensity of their program.
18	For this particular section, making sure the students are logged into Fisdap and pronto earlier to better communicate with them. Make sure the students have a clear understanding of the pcr requirements. Making sure the students are given a completed representation of what the pcr expectations are. More frequent check in's by myself with the students throughout the semester.
19	I believe I was able to deliver quality online interaction after getting certified in online education material and delivering evidenced based critical thinking exercises.
20	I did find a learning gap on one of my students. I sent her an email to remind her to respond to 2 of her peers in order for her to meet the discussions requirement.
21	I included more time for reflection and application of real world concepts.
22	I was able to get certified this semester through distance learning and lw as able to increase critical based exercises into my learning objectives. Added new content, notable differences in meeting standards for rubrics and added more support hours for students who struggled.
23	I was able to implement critical thinking exercises for health and learning that encompasses skills in health, students were able to interact with one another build health literacy and build skills that transfers to education and application
24	I will continue to challenge the students physically and mentally, as well as bring awareness to the fact that they are enhancing their overall well being and health. I will continue to encourage them to show up on time and work hard each class.
25	I will continue to emphasize attendance and punctuality on a consistent basis so they can be sure to incorporate all strength and flexibility exercises to their advantage.
26	I will continue to emphasize the need for consistently showing up in class on time and fulfilling the daily requirements.
27	I will continue to encourage full participation and 100% engagement during class. I will continue to challenge their strength and skill ability while having fun and enjoying the learning process.
28	I will continue to encourage full participation and 100% engagement during class. I will continue to challenge their strength and skill ability while having fun and enjoying the learning process. I will also encourage students to be on time to class, so as not to miss critical exercises that lead to better technique and strength.
29	I will implement more frequent check-ins on the students fitness goal to better guide their programs.
30	I would like to implement more check-ins throughout the semester.
31	Implement more frequent check-ins throughout the semester to track fitness progress.
32	It is essential for students to attend class and participate when registering for an on campus course. Up to date information and support is provided throughout the semester to assist

	student's with course success.
33	Listening Assessment and Apprehension. Should be discussed at next faculty meeting.
34	n/a
35	No new strategies or recommendations. Students did exceptionally well.
36	No proposed actions at this time.
37	No recommendations. The class did a fabulous job!
38	None at this time.
39	Online learning can be a challenge now that we are post-COVID - and I prefer the in-person classroom- but I do believe it makes it more accessible to people so I will continue to offer a quality product to students and engage with them, continuing to try to keep them as engaged as possible.
40	Overall, a great semester for XXXX and I am glad she was a participant.
41	Potentially add fitness assessment within the course rather than offer it as extra credit.
42	Potentially include fitness assessment within course rather than offer as extra credit.
43	Review course for necessary updates and outdated materials.
44	Student athletes participated in off season cross country and assisted in recruiting future athletes in the upcoming season. Student athletes provided beneficial insight to enhance our culture and prepare for a new team. General health and fitness was maintained as well as adding distance running to their lifestyle.
45	Students demonstrated many skills at receiving instruction on physical stroke technique and formulated engaging questions to further understand the skills being taught
46	Students experienced and quantitatively provided major improvements from the beginning of the course to the end. We will continue to diversify their training methodologies and activities to meet the unique demands of the academy.
47	Students improving group work online, having students create their own groups has improved turn in of assignments. Every student who is actively participating does well. would like to decrease F & FW rate. Going to try weekly check in mandated complete or non-complete assignment
48	students usually more attentive and participate in the first 8 week course then the late start
49	Target met - no proposed actions at this time
50	Thanks!
51	The influence of a number of "adult" learners in this class had a very positive overall influence on the overall class experience. Based on this I will continue to market this class in our pickleball clubs and communities. This positive influence was in both the social aspect of class as well as the appreciation for and efforts in the improvement and development of skills throughout the semester. Based on the assessment results of the knowledge of rules and strategies, I will continue to require the information tests that take place throughout the semester. These assessment opportunities give a clear emphasis on practical knowledge of playing strategies, rules, and etiquette. One other component of class that worked exceptionally well was the competitive component. Unfortunately, I believe this went well this semester due to the overall balance of student skills and experience in the class. This is not easy to control as a variety of student skills and experience levels is more typical based on past skill classes.

52	<p>The majority of students in the course earned A's and B's, indicating that the content, assessments, and overall structure of the course supported their success. However, A significant portion of students (8 out of 23) stopped participating in November and did not take the final exam, contributing to a lower percentage of students meeting SLO requirements (65.4%). Students who disengaged later in the semester may have faced challenges such as time management, external stressors, or a lack of motivation, which are common in asynchronous online courses. Some students may have struggled with self-regulation and time management, students who disengaged may have lacked access to resources, such as regular support from the instructor or peers, to help them stay motivated and connected to the course.</p> <p>Strategies to Try in Future Semesters</p> <ul style="list-style-type: none"> - Implement weekly check-ins or progress trackers to encourage consistent participation. - Use tools like automated reminders or announcements within the learning management system to remind students of upcoming deadlines. - Encourage early communication if students feel overwhelmed, offering intervention strategies such as one-on-one Zoom check-ins or extensions when necessary. - Incorporate more video announcements to create a more personalized connection in the asynchronous format. - Introduce a mid-semester survey to gauge student progress, challenges, and satisfaction with the course. Use feedback to make any necessary adjustments before the final stretch of the course. - Consider adding shorter, micro-learning opportunities to ensure students grasp key concepts without feeling overwhelmed by long, dense lectures. - Introduce scaffolded assignments leading up to the final exam so students have multiple opportunities to build their understanding and confidence before the high-stakes assessment.
53	<p>These students were phenomenal. They were taking this class for the third time each. They are each growing a lot in their yoga practices and accepting new challenges each semester. I am very proud of their hard work and dedication to Crafton's yoga program.</p>
54	<p>This class had high engagement. Students demonstrated significant interest in exploring the cultural, historical, and social aspects of food, as reflected in thoughtful discussion posts and creative projects. A strong majority (78.6%) of students successfully met the Student Learning Outcomes (SLOs), indicating a solid understanding of key course concepts. Creative assignments like food diaries, cultural food analyses, and collaborative projects allowed students to connect course content with their personal experiences and cultural backgrounds.</p> <p>The primary challenges I noted from student reviews suggested that some students struggled with specific quiz questions, indicating gaps in comprehension of particular topics. A small portion of students did not complete assignments or dropped off toward the end of the course, which impacted overall success rates. To combat this, in the future, I will add a video review of each week's "most missed quiz questions" to reinforce key concepts and address areas of confusion. After each quiz, I will post a 5-10 minute video in Canvas reviewing the most challenging questions and clarifying the correct answers. Lastly, I am considering developing an FAQ page in Canvas that covers key course topics, troubleshooting tips, and explanations of difficult concepts.</p>

55	This course was well received. I utilized study guides to fill in during lectures to aid them on exams, and provided feedback weekly on their submitted study guides. Students enjoyed the class and felt they understood nutrition significantly better, with one student even losing 20 pounds during the semester, implementing what he was learning. I used new equitable grading guidelines, allowing students to resubmit written assignments for additional points, and set the lowest grade to 50% if it was turned in. This allowed students who did not understand a concept to "come back" and succeed in the course.
56	This course was well-received by all students who participated. I have employed equitable grading standards that allow students to resubmit written assignments after receiving feedback to earn back points. This was well received by the class. In the future, I will continue this and request that the class no longer be taught in a 5-week format, as many students wrote they wished they had more time to explore this topic.
57	This is my first time teaching this course. What I did different from the previous professor I assigned homework and I would use real life examples and tie that in to my lecture. In the future I am going to do worksheets for them on topics that are more challenging to comprehend.
58	This objective was measurably successful with varying outcomes that met course objectives.
59	This semester I had students try a variety of different holistic health practices such as: yoga, pilates, meditation, breath work, mindful walking, sound baths, and fun activities like hula hooping and juggling. The students really enjoyed the opportunity to try new actives and especially enjoyed the meditations. This was my first semester teaching this class in person. Next time I want to think of more discussion topics to engage students more.
60	This semester I used more hand-on games learning games so that students had to solve puzzles in order to understand aerial movement theory and create their own poses - instead of only following instructions in terms of me always demonstrating new moves for them to do. I also tried to group students in this multi-level class in a way that they were encouraged to practice at their own level. For next semester I am going to work on implementing a more structured coaching program as they work towards building their final sequences.
61	This was a cohort of students that stayed on top of the material for the most part. I am very proud of their progress.
62	This was my first offering of this class. The goal of the course is to explain each component of the firefighter hiring process in detail. Content was added on diversity in the fire service. Students were given a mock interview in the beginning and end of the class to note improvements.
63	We reviewed articles, journals, and various diets. Students appreciated the real stories of people who had tried various diets or recipes.