

Crafton Hills College - Outcomes Assessment Report

General Education Outcome 9: Health and Wellness

Assessed: 2018-2019

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)

At the Faculty Department Chairs meeting approximately 25 faculty from disciplines across the campus reviewed the results and proposed actions. Proposed actions were developed for improving the outcome reviewed.

Summary of Evidence

The Office of Institutional Effectiveness, Research, and Planning (OIERP) provided a summary of the GEO results based on faculty mappings to the GEO, the proposed actions, and the list of courses where the outcome was mapped. A list of proposed actions, courses with outcomes mapped to the outcome reviewed, and the results are illustrated below.

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

GEO #	Institution Learning Outcomes	# of Students				# 3 or higher	% 3 or higher
		Meeting SLO Rubric					
		1	2	3	4		
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.	89	115	129	1,658	1,787	89.75%

Table 2: List of Proposed Actions for Courses Mapped to this Outcome.

#1: A more heavier emphasis that these will be tested when lecturing. #2: I did not over shoot my goal and I am happy that the curriculum was challenging enough. #3 Spelling is too easy, I will add a larger list of words in the future. #4 I need to do more emphasis on pronunciation by adding assignments that can demonstrate peoples ability to pronounce words
1. I will give each student a workout/nutritional/health log to record progress. 2. I will give each student a list of apps to track workouts and nutritional intake. 3. I will encourage students to use canvas where there are additional resources. 4. I will encourage student to set up the follow-up evaluation at the end of the first appointment.
1. Will give each student a workout log/ health log to show progress. 2. Use of apps to track workouts and nutrition intake. 3. Set up the retest date at the end of the first evaluation.
A proposed action regarding Introduction to Kinesiology would be to integrate physical assessment participation (queens step test, push up and curl up test) to apply practical application to evaluation information to understand calculation. Regarding injury,prevention and rehabilitation principles possibly have a guest speaker (ATC or DPT) or instructor obtaining certificate or necessary qualifications to go over introductory taping, bracing and first aid. I believe Kinesiology engages students best with a practical application approach, rather than a theoretical text ideology.
All students improved in their distance they could hike in 1.5 hours based on a simple course on the fire trail. Students demonstrated significant improvements in time to climb hills based off of the firebell trail and time to complete. Only 1 student didn't climb it due to fear of heights. However she was tested on another hill. Students hiked Keller peak 12 miles and the Hot Springs 7 very steep miles.
All targets were met. Students demonstrated tremendous improvement in all areas: upper body strength, lower body strength, core strength and muscle endurance. I will continue to encourage and provide a variety of activities and exercises that motivate students for success.
Based on the success level of my students, I believe I am teaching this class well.
Continue to assess quarterly for improvement
Continue to assess quarterly for progress
Continue to assess quarterly for progress.
I am very satisfied with the demonstrated improvement of students' physical fitness in all areas; upper body strength, lower body strength, core strength and muscle endurance.
I am very satisfied with the improvement that was demonstrated in core strength and muscle endurance. Students in this section were very interested in muscle endurance, circuits and cardiovascular conditioning. As a result, core strength and muscle endurance improved. Upper and lower body strength outcomes did not meet the target, mostly due to lack of interest. I will continue to encourage my students to work toward overall strength improvements by providing a variety of exercises and activities.
I had one student who could not swim and was afraid of the water. At the end of the semester she able to use a kick board without any other form of flotation devices. She was beginning to swim backstroke and freestyle. Learning to float was achieved. She confidence grew. Still needs more instruction and time in the water. I would like to see a class developed specifically for beginner adult swimmers. I had two students who had brain trauma. They had some limited movement. They worked hard and improved. I would like to see a class developed for adults who have special needs.
I would like to encourage students to create their own program of daily fitness using mindfulness and yoga to centime to push their bodies and maintain learned asanas. Additionally I'd like to emphasize working in small groups and with a partners for neuromuscular release, and add the IOL of critical thinking with in stretches and balance postures to trouble shoot ailment issues and injury avoidance.
Maintain the quarterly assessments to track progress.
No action needed at this time
No further action needed at this time
No further information needed at this time
Students did an amazing job this semester improving their 1.5 mile run time. All students improved their time and some but huge leaps and bounds. I will continue to do the variety of activities I did this semester with future classes since it worked so well. Students really enjoyed sharing workout routines with each other.
Swim team is expanding and getting new members which adds a different dynamic with each new personality. Being able to accomodate and adapt to each personality.
The one student who is registered for KIN/S 159 C this fall 2018 semester is proficient in all 7 student learning outcomes.
The students in the fall 2018 semester are proficient in all 7 student learning outcomes for KIN/S 159A. In the future, to work on more students having more self confidence, grace of movement and mental alertness, I plan to use more self defense situations in class to demonstrate real life scenarios.
The students in the fall 2019 KIN/S 159B Intermediate class are proficient in all of the student learning outcomes. Both of these students have completed and passed KIN/S 159A the previous semester.

These numbers in KIN/S 120A include B, C, and D, from the same section #. The skills that are combined in the "Perform major physical skills and elements of the sport/activity, in concert with their level of training and experience" area includes putting, chipping, pitching, and full swing. Rubric: 1 - Student is able to successfully perform the shot 10% or less of the time 2 - Student is able to successfully perform the shot 25% of the time 3 - Student is able to successfully perform the shot the majority of the time with a proper target occasionally 4 - Student is able to successfully perform the shot 75% of the time with a proper target the majority of the time Action: Continue to use review days to follow-up on shot techniques as we get to the end of the semester and spending most the time on course playing and practicing. Continue to require all students to demonstrate proper golf etiquette at all times during the semester, and demonstrate proper golf cart rules and safety concerns while on the course.

To encourage more students to take the class and continue to swim for life.

List of Courses where Outcomes were mapped to the GEO.

EMS-020, EMS-021, EMS-023, EMS-068, EMS-152, HIT-101, KIN-200, KIN/F-105A, KIN/F-106A, KIN/F-108A, KIN/F-155A, KIN/F-168A, KIN/F-168B, KIN/F-168C, KIN/F-168D, KIN/F-191A, KIN/F-970A, KIN/S-120A, KIN/S-159A, KIN/S-159B, KIN/S-159C, KIN/S-164A, KIN/S-164B, KIN/X-170AX3

Use of Results/Proposed Actions (Implications for Program Improvement & Planning)

1. Support diverse fitness and kinesiology offerings to increase health (e.g.: self-defense, special needs, etc).
2. Provide faculty with assistance in developing relationships and connections with outside organizations that support learning.
3. Provide additional support for students who learn differently.
4. Implement the faculty fitness challenge.