UNIVERSITY OF ARKANSAS
PULASKI TECH

Assessment Report:
2018-2019
EDPA 1100 – Walking for Life

Course-Level Learning Outcomes

1. What are the Course-Level Outcomes (CLOs)?

1. The student will recognize the importance of cardiovascular health as it relates to overall physical health.

2. The student will apply the basic principles of an effective walking program to weekly workouts.

3. The student will develop better cardiovascular health and endurance through participation in walking class.

2. Which CLOs were addressed for this academic year? (2018-2019)

The student will develop better cardiovascular health and endurance through participation in walking class.

3. Which CLOs are being addressed in your assessment plan next academic year? (2019-2020)

The student will develop better cardiovascular health and endurance through participation in walking class.

4. Explain the assessment cycle.

The students are assessed on cardiovascular fitness in the first or second week of the semester and again in the fourteenth or fifteenth week of the semester. I plan to continue assessing CLO #3 until students have met 70% efficiency, and then I will re-evaluate which CLO will be assessed.

5. What are the assessment methods? Are they direct or indirect?

The students are assessed by running/walking 1 mile. This is a direct assessment.

6. What are the assessment goal(s)?

The assessment goal is for 70% of students to show a decrease in the time it took them to run or walk 1 mile on the second test at the end of the semester.

7. What were the findings for this academic year? (2018-2019)

The findings for this past year:

74% decreased in 1-mile time

26% increased in 1-mile time

0% had the same 1-mile time

8. What is your analysis of the findings?

The majority of my students decreased their 1 mile time. This was accomplished by regular class attendance. Of the students who increased their mile time, class attendance was not regular and for some was very sporadic.

9. What is the action plan for the next academic year? (2019-2020) Explain.

I plan to continue to assess CLO #3, but I am going to change the goal. It is too easy just to "improve" the 1-mile time. Students can walk the first time and add some jogging the next time still without having to put forth much effort. I really want to see if there is cardiovascular endurance improvement. The students need to be given a parameter. I am going to change the assessment to be more specific. The goal next year will be for students to decrease their 1-mile time by 15% or more. I will set a goal of 65% proficiency.