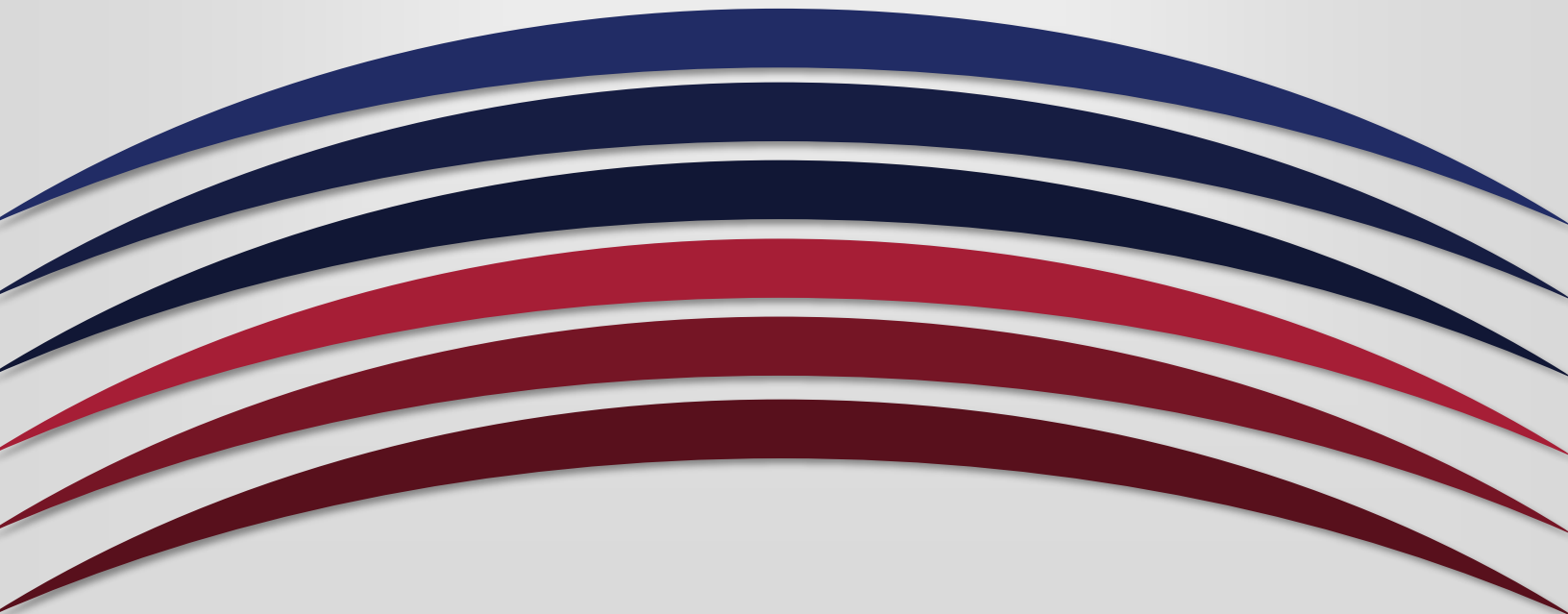


UNIVERSITY OF ARKANSAS  
**PULASKI TECH**

**Assessment Report:**  
**2018-2019**

**EDPA 1211: Lifetime Fitness**



## Course-Level Learning Outcomes

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

1. The student will learn how to apply the different concepts of exercise, nutrition, weight control and stress management to their daily lives.
2. The student will develop skills in obtaining muscular strength, cardiovascular endurance and muscular flexibility.
3. The student will choose to change a health behavior, use behavior modification strategies to change that behavior, and keep track of their progress towards the behavior change.
4. The student will be able to explain the importance of developing and maintaining a proper fitness, nutrition, and stress management plan that will lead to overall wellness and a healthy lifestyle.

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

The student will learn how to apply the different concepts of exercise, nutrition, weight control and stress management to their daily lives.

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

The student will be able to explain the importance of developing and maintaining a proper fitness, nutrition, and stress management plan that will lead to overall wellness and a healthy lifestyle.

### 4. Explain the assessment cycle.

This CLO will be assessed for 3 years.

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

The assessment method is the final exam. This is an indirect assessment method.

## 6. What are the assessment goal(s)?

The assessment goal is 70% of the students score 75% or higher on the exam.

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

The findings this year were:

90% scored 70% or above

10% scored 69% or below

## 8. What is your analysis of the findings?

The rigor of this test is not high enough. I need to have more higher-level thinking questions that will engage students more deeply.

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

I plan to continue to assess CLO #4. I will improve my method of assessment by adding higher level application questions and an essay question.