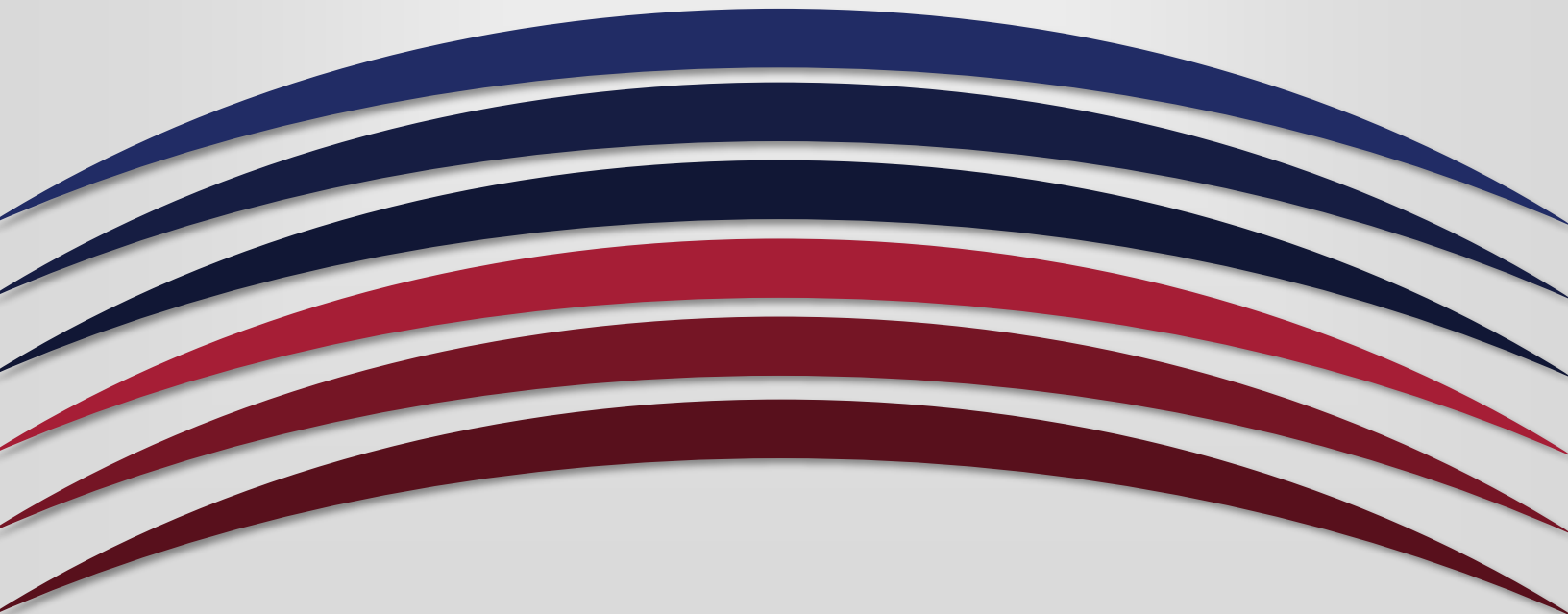


UNIVERSITY OF ARKANSAS
PULASKI TECH

Assessment Report:
2019-2020

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? (2019-2020)

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? (2020-2021)

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. However, with having to transition to completely online because of the COVID-19 virus, my spring class was not able to complete their mile. I didn't have them do it at home because the data would have been invalid. I would have no way to know who really completed it and who just made up a time and submitted it.

6. What are the assessment goal(s)?

The assessment goal is for 65% of students to show a 15% (or more) 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? (2019-2020)

The findings for the Fall of 2019 (no data for Spring 2020):

68% who decreased by 15% or more in 1-mile time

28% decreased by less than 15% in 1-mile time

4% no increase or decrease in 1-mile time

8. What is your analysis of the findings?

(For Fall 2019) Almost 2/3 of my students decreased their 1-mile time by 15% or more.

This was accomplished by regular class attendance and hard work. Of the students who decreased their mile time by less than 15%, class attendance was not regular and for some was very sporadic.

9. What is the action plan for the next academic year? (2020-2021) Explain.

I plan to continue to assess CLO #3 for 20-21. Changing the performance standard/indicator was a good idea. It gives me a more definitive view of improvement or lack of. I will use the same assessment method next year. However, if we continue to have to do so much online, I will have to reconsider how I am assessing. For now, I plan to leave it the same. My class exceeded the 65% proficiency goal (68%), so I will make my new goal 68% for next year.