

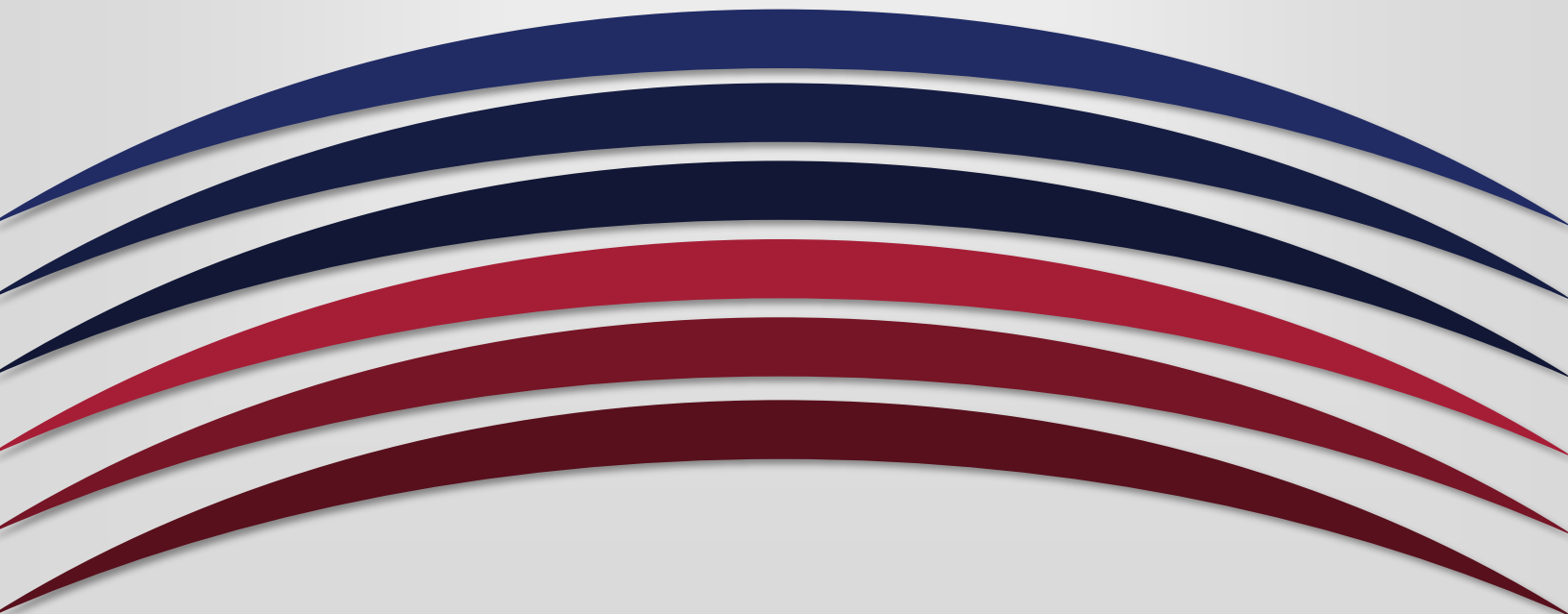
UNIVERSITY OF ARKANSAS
PULASKI TECH

Course-Level Assessment Report

Course: EDPA 1211

Academic Year: 2020-2021

**Due to Chair/Program Director and Faculty Assessment Chair by
September 4**



1. Name of course: Lifetime Fitness
2. Name of individual(s) compiling report: Kelley Cowley
3. Date of submission: Sept. 10, 2021
4. Academic year: 2020-2021

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?

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.

3. Which CLOs are being addressed in your assessment plan next academic year? (2021-2022)

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 three years. (This is year one)

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

The assessment method is the reflection paper. This is an indirect assessment method.

6. What are the assessment goal(s), including benchmarks?

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

7. What were the findings for this academic year?

The findings this year were:

86% scored 75% or above

2% scored 74% or below

12% did not complete the paper

8. What is your analysis of the findings?

The students performed very well on the reflection paper. The paper required students to pinpoint an area(s) of their life that need improvement based on what they have learned throughout the course. It was interesting to read the students' self-analysis and discover what they perceived as areas of weakness and a plan for how they can improve.

9. What is the action plan for the upcoming academic year? Explain.

I plan to continue to assess CLO #4 using the reflection essay and grading rubric.