



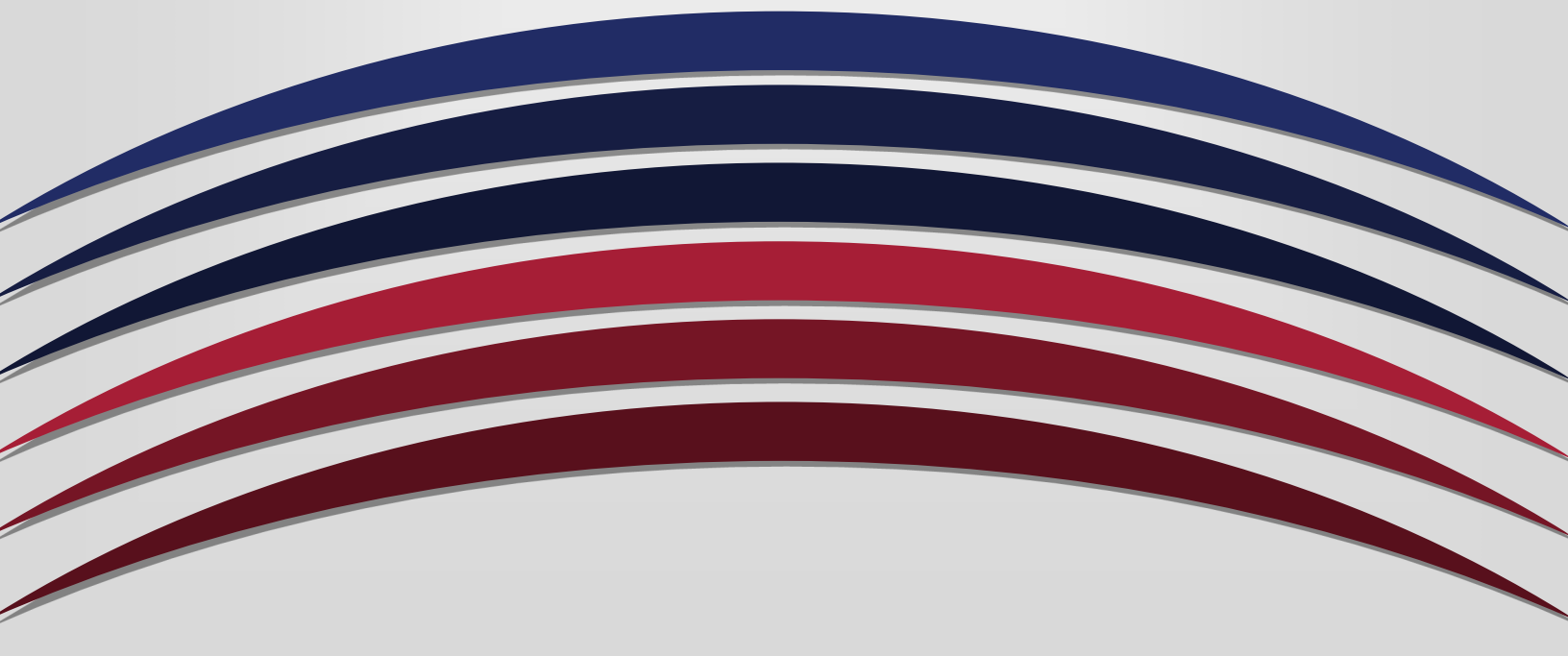
UNIVERSITY OF ARKANSAS
PULASKI TECH

Course-Level Assessment Report

Course: EDPA 1211

Academic Year: 2021-2022

**Due to Chair/Program Director and Faculty Assessment Chair by
September 1**



1. Name of course: Lifetime Fitness
2. Name of individual(s) compiling report: Kelley Cowley
3. Date of submission: Sept. 16, 2022
4. Academic year: 2021-2022

Course-Level Learning Outcomes

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

- The student will learn how to apply the different concepts of exercise, nutrition, weight control and stress management to their daily lives.
- The student will develop skills in obtaining muscular strength, cardiovascular endurance and muscular flexibility.
- 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.
- 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 the 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 in the upcoming 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.

4. How does this report connect or map to program-level or institutional-level outcomes?

This report connects to institutional-level outcome #4. Apply critical thinking skills to achieve a desired goal. (Critical Thinking) The students have to evaluate lifestyle decisions/choices and determine how those choices are affecting their overall health and wellness.

For each Course Level Outcome assessed this academic year, please complete the chart below, providing the assessment data for both fall and spring, and then a total for the academic year.

<p>Assessment Methods- How did you assess student learning (define direct assessment methods used) in relation to the course level outcome being reported?</p> <p><i>Note: If more than one assessment method was used, you may insert an additional row.</i></p>	<p>Students across all sections were tasked with writing a reflection paper. Students had to think critically about health, wellness and nutrition aspects of their life, and what they learned or discovered throughout the semester using some guiding questions as prompts. Students were assessed using a rubric.</p>	
<p>Were indirect assessment methods also used to assess students? If 'yes', please describe the method used.</p>		<p>No</p>
<p>How do you define success for an individual student on the CLO assessment assignment or measure?</p>	<p>Student scores 75% or higher on the reflection paper.</p>	
<p>How do you define success for the course level outcome? What is the benchmark for the Course Level Outcome?</p>	<p>70% of students in the course score 75% or higher on the reflection paper.</p>	

How many students completed the assessment, and how many were successful?	Fall 22 students assessed 19 successful (86% success rate)	Spring 25 students assessed 23 successful (92% success rate)
Academic Year Total (add the numbers from Fall and Spring)	47 students assessed 42 successful (89% success rate)	
Was the benchmark/goal for this academic year met?	Yes	
Were standardized rubrics, tests, or checklists used?	Yes	

5. What is your analysis of the findings?

For CLO 4 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.

6. 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.