
Please select your course and name from the drop-down menu. If your course or name are incorrect or missing, contact the Curriculum and Assessment Administrative Assistant, 541-506-6037 or swade@cgcc.edu.

HPE 295- Health and Fitness for Life- Amanda Holdiman- Part A- Fall 2024

*** Part A: Your Plan DIRECTIONS 1. Choose three of your course outcomes to assess and report on this term (these will also be used in your Student Course Evaluation survey): Outcome #1**

Outcome #1: Apply behavior change theories to assess and self-reflect on health and fitness status.

*** Outcome #2**

Outcome #2: Apply and evaluate wellness concepts that promote health and fitness.

*** Outcome #3**

Outcome #3: Explore activity options to maintain and/or improve lifelong health and fitness.

Have you completed an assessment for this course prior to this term?

Yes

If yes, are you assessing different outcomes?

No

Comments:

There are only three Intended Outcomes for this course, so I will be evaluating them again.

2. To which degree(s) or certificate(s) does your course map? Degree, Certificate, & Program Outcomes

Not Sure

*** Method of Assessment 3. What methods will be used to assess individual student understanding of each of these outcomes? (Please be specific.) Outcome #1: Method to assess student understanding**

Fitness Logs (10)
Current Fitness Reflection (1)
SMART Goal Development (5)
SMART Goal Plan Development (5)
Final Written Reflection (1)

*** Outcome #2: Method to assess student understanding**

Fitness Logs (10)
Discussion Forums (10)
Current Fitness Reflection (1)
Cooking Video Assignments (3)
SMART Goal Development (5)
SMART Goal Plan Development (5)
Label/Ingredient List Video Assignment (1)
Chronic Disease Assignment (1)
Final Written Reflection (1)
Final Cooking Video Assignment (1)

*** Outcome #3: Method to assess student understanding**

Fitness Logs (10)
Discussion Forums (10)
Current Fitness Reflection (1)
Cooking Video Assignments (3)
SMART Goal Development (5)
SMART Goal Plan Development (5)
Label/Ingredient List Video Assignment (1)
Chronic Disease Assignment (1)
Final Written Reflection (1)
Final Cooking Video Assignment (1)

*** 4. How will you know if you were successful in your efforts to teach this outcome? Outcome #1:**

80% of students will achieve a minimum of 70% on each assignment.

*** Outcome #2: How will you know if you were successful in your efforts to teach this outcome?**

80% of students will achieve a minimum of 70% on each assignment.

*** Outcome #3: How will you know if you were successful in your efforts to teach this outcome?**

80% of students will achieve a minimum of 70% on each assignment.

5. Instructor Questions: Create two course specific questions to be included on the Student Course Evaluation. Question #1

Did you find the written materials and lectures helpful in moving you forward in your health and wellness journey?

Question #2

Did the assignments required enable you to move forward in your health and wellness journey?

Do you require the names of students who complete the course evaluation survey? (Please note: names will be sent to instructors the Thursday before term ends)

NO

Reminder, when completing Part B, instructors will be asked the following questions: Describe anything you did to assist the institutional effort to support students in improving achievement of the specified criteria for the following Institutional Learning Outcomes (ILO): 1. ILO#1 - Communication - "Content Development" and/or "Control of Syntax and Mechanics" 2. ILO#2 - Critical Thinking/Problem Solving - "Evidence" and/or "identify strategies" 3. ILO#4 - Cultural Awareness - "Openness" (Encouraging our students to "Initiate and develop interactions with culturally different others") 4. ILO#5 - Community and Environmental Responsibility 5. ILO#3 - Quantitative Literacy - "Application/Analysis" and/or "Assumptions"

(No response)