

General Education Learning Outcomes: Assessment Tools

Health Dynamics

Date: 11/30/2020

	Learning Outcomes Knowledge, skill, or behavior students can demonstrate upon program completion	Measurement Tool	Timeline/Frequency of Assessment	Target	Review
1	Identify the importance of maintaining good health behavior.	Pre and Post Test 20 questions total (5 targeted questions per section) * Add an indirect assessment on course/student evaluation form. Example question "Did your health/wellness behavior(s) change as a result of this class?"	Every time the course is offered.	70% of the class improves on this test section.	Annual results will be reviewed by faculty teaching the lecture courses in the summer and identify potential changes to be implemented in the next year.
2	Understand the fundamental principles of a healthy diet	Pre and Post Test (5 targeted questions)	Every time the course is offered.	70% of the class improves on this test section.	Annual results will be reviewed by faculty teaching the lecture courses in the summer and identify potential changes to be implemented in the next year.
3	Identify an exercise regimen for lifelong fitness.	Pre and Post Test (5 targeted questions)	Every time the course is offered.	70% of the class improves on this test section.	Annual results will be reviewed by faculty teaching the lecture courses in the summer and identify potential changes to be implemented in the next year.
4	Understand the relationship between health and stress.	Pre and Post Test (5 targeted questions)	Every time the course is offered	70% of the class improves on this test section.	Annual results will be reviewed by faculty teaching the lecture courses in the summer and identify potential changes to be implemented in the next year.