

**Course Assessment Report
Washtenaw Community College**

Discipline	Course Number	Title
Physical Education Activities	115	PEA 115 07/30/2021-Health and Fitness Experience
College	Division	Department
Health Sciences	Health Sciences	Health Science
Faculty Preparer		Kiela Samuels
Date of Last Filed Assessment Report		

I. Review previous assessment reports submitted for this course and provide the following information.

1. Was this course previously assessed and if so, when?

No

2. Briefly describe the results of previous assessment report(s).

3.

4. Briefly describe the Action Plan/Intended Changes from the previous report(s), when and how changes were implemented.

5.

II. Assessment Results per Student Learning Outcome

Outcome 1: Participate in varied physical fitness activities on a regular basis.

- Assessment Plan
 - Assessment Tool: Preliminary questionnaire, attendance records and final questionnaire
 - Assessment Date: Fall 2012
 - Course section(s)/other population: all
 - Number students to be assessed: all

- How the assessment will be scored: Questionnaire will be scored using an answer key. Attendance records will be reviewed for the total number of times the student actively engaged at the fitness center.
- Standard of success to be used for this assessment: 75% of the students will attend the fitness center 15 or more times during the semester. 75% of the respondents to the final questionnaire will achieve their fitness goals.
- Who will score and analyze the data: Instructor will analyze the data.

1. Indicate the Semester(s) and year(s) assessment data were collected for this report.

Fall (indicate years below)	Winter (indicate years below)	SP/SU (indicate years below)
2019		

2. Provide assessment sample size data in the table below.

# of students enrolled	# of students assessed
546	366

3. If the number of students assessed differs from the number of students enrolled, please explain why all enrolled students were not assessed, e.g. absence, withdrawal, or did not complete activity.

The total number of students we could assess differs based on the available data we could use from each of the three tools originally designed to assess this course. The number of students for each tool is as follows:

Preliminary Questionnaire: 344 students completed the initial questionnaire.

Attendance Records: at the peak, 366 students attended an individual Health Fitness Center (HFC) visit out of the required 15 to pass the course.

Final Questionnaire: 300 students completed the final questionnaire.

4. Describe how students from all populations (day students on campus, DL, MM, evening, extension center sites, etc.) were included in the assessment based on your selection criteria.

We selected Fall of 2019 semester for assessment. Students were face-to-face (in person HFC visits) at the WCC HFC and students also completed assignments online using Blackboard.

This is the first time we are assessing the course and we are only using one section, which has a large enrollment, to gain an understanding of a reasonable population size to use for future assessments moving forward.

5. Describe the process used to assess this outcome. Include a brief description of this tool and how it was scored.

When the original master syllabus was developed, faculty had three tools in mind: a preliminary questionnaire, attendance records (HFC sessions) and a final questionnaire. The preliminary questionnaire that is completed in the course has five questions that discuss students' habits including physical activity, information about their health and goals that they would like to meet by the end of their semester. The final questionnaire contains three questions that relate to changes in students' physical activity habits throughout the semester and future goals. The questionnaires could not be scored using the suggested answer key, therefore any data discussed in this report will not relate to scoring utilizing an answer key. This will be updated in the master syllabus revisions.

The attendance records were assessed by the total number of times students actively engaged at the HFC. We also looked at each session and the total numbers of students that attended each session based on trend data. This information is also included in the attached summary data. 75% of the students needed to attend a session at the HFC at least 15 times to meet the standard of success.

6. Briefly describe assessment results based on data collected for this outcome and tool during the course assessment. Discuss the extent to which students achieved this learning outcome and indicate whether the standard of success was met for this outcome and tool.

Met Standard of Success: No

Using an answer key for the two student surveys discussing the students' exercise history and goals from both questionnaires is not correct. There are no right or wrong answers. We could, however, capture completion rates for each assignment to review student participation in the course.

Using the collected data on the students that completed the two surveys, we noticed a lower than expected return rate. Out of the total number of students that enrolled in PEA 115 (546) 344 (63%) of the students completed the preliminary questionnaire and 300 (54.95%) of the students completed the final questionnaire. Reviewing the data that we have available to us, we need to look into increasing completion rates of the two assignments if it is possible.

We found 362 students out of 366 completed at least 15 workout sessions at the HFC. Based on the three separate tools originally discussed and only having good data for one, we could not analyze the data to confirm that the standards of success were met.

7. Based on your interpretation of the assessment results, describe the areas of strength in student achievement of this learning outcome.

Analyzing the data that we had available to us, we were able to create a spreadsheet that showed a trend in the number of times students visited the HFC over the semester. We noticed that students started out the semester strong in the high to mid-90 percentile range and a lower number of students were attending the HFC further into the semester.

Reviewing the data we collected from students' HFC attendance in Blackboard, we created a new column that totaled the number of times that all of the students attended a session at the HFC 15 times or more. We discovered that 98.91% of students (362/366) met the standard of success for attending the required number of workout sessions.

8. Based on your analysis of student performance, discuss the areas in which student achievement of this learning outcome could be improved. If student met standard of success, you may wish to identify your plans for continuous improvement.

The two surveys students should complete at the beginning and the end of the semester had very poor return rates. The surveys themselves are valuable information to monitor progress, but we feel that they currently do not yield any meaningful data. We will be revisiting the content of the questionnaires to include assessable information that we can use to improve future course assessments. We will also be discussing making the questionnaires mandatory coursework to net a higher response rate.

Although we met the standards of success on the HFC visits, we would like to encourage more participation of our students in this course at the HFC.

III. Course Summary and Intended Changes Based on Assessment Results

1. Based on the previous report's Intended Change(s) identified in Section I above, please discuss how effective the changes were in improving student learning.

This was the first time this course has been assessed.

2. Describe your overall impression of how this course is meeting the needs of students. Did the assessment process bring to light anything about student achievement of learning outcomes that surprised you?

This course gives Washtenaw Community College the opportunity to use a state-of-the-art health and fitness facility to improve or maintain their physical conditions. Based on clinical research also improves mental function.

This assessment showed that we had the wrong tool to measure student achievement of the learning outcomes.

3. Describe when and how this information, including the action plan, was or will be shared with Departmental Faculty.

This assessment was discussed with faculty who will teach this course in the future. We will work as a team to improve outcomes and objectives. Ongoing discussions with faculty and student feedback will be used to make continuous course improvements.

4. Intended Change(s)

Intended Change	Description of the change	Rationale	Implementation Date
Outcome Language	We will be adding another outcome.	Currently there is only one outcome that has what appears to be three different tools.	2022
Assessment Tool	We will be adding another tool and looking at a representative sample size for the tools per semester.	Currently, the master syllabus lists that all sections and all students will be assessed.	2022

5. Is there anything that you would like to mention that was not already captured?

6.

III. Attached Files

[Summary Data PEA 115](#)

Faculty/Preparer: Kiela Samuels **Date:** 08/16/2021
Department Chair: Kiela Samuels **Date:** 08/18/2021
Dean: Valerie Greaves **Date:** 08/18/2021
Assessment Committee Chair: Shawn Deron **Date:** 10/26/2021