Assessment Date: Fall 2013

Faculty Name(s): Robin Kurotori and Lottie Bain

1. Course Name and Number:

HLTH 101 – Contemporary Health Issues

2. All Course SLOs from the Course Outline of Record:

1. Develop a philosophy for responsibility in personal health and wellness.
2. Define contemporary issues in wellness such as exercise and fitness, nutrition, weight control, stress management and substance abuse.
3. Evaluate health measures in terms of physical, psychological, environmental, social and spiritual dimensions of health.
4. Identify STDs, chronic, infectious and genetic diseases, and preventive measures for reducing risk of disease.
5. Develop a plan to implement an individualized program of wellness that is directed towards the reduction of health risks in the lifestyle.

3. Specific Course SLO(s) assessed as part of this project:

3. Evaluate health measures in terms of physical, psychological, environmental, social and spiritual dimensions of health.

4. Assessment strategy or tool used in the assessment. (Describe below, and if applicable copy/paste any additional related documents at end of this form (i.e. Rubric, score sheet, test questions, essay assignment, etc.):

Students completed an assessment activity from the textbook which had them self-evaluate various health behaviors in the six dimensions of health. Students did this activity in the beginning and the end of the semester to determine any health behavior changes that transpired over the course of the semester.

NOTE: This will usually consist of things you are already using to evaluate student work, i.e. Final Exam questions, Final Essay, Final Presentation or Culminating Project, other Assignments, Portfolio Evaluation, Performance Assessment, Department Testing, Pre and Post Tests, Vendor or Industry Certification Examinations, Indirect Assessments (Student Surveys, Focus Group Discussions, Interviews), etc.
5. Specific aspects of the assessment tool which link up to specific Course SLOs being assessed (i.e. Which specific test questions measured which Course SLOs? Note: May describe with #4 above.):

Health Check 1-1 from the Textbook specifically addresses the SLO being assessed. Students evaluated their behaviors in terms of physical, psychological, environmental, social and spiritual dimensions of health.

6. Results and analysis of the data. (Explain below and if applicably copy/paste any related documents, i.e. spreadsheets with data at the end of this document.):

Two sections (one online and one face to face) were assessed. In the online class, 27 of 31 (87%) students scored 90% or better on the worksheet associated with the self-assessment. The four remaining students did not follow the directions on the self-assessment and attempted to bluff their way through the associated worksheet. In the face to face class, 29 of 36 (81%) students scored 90% or better. 4 of 36 (11%) scored 80-89%. The results indicate that the majority of students completed the self-assessment and evaluated their personal health behaviors.

Of more importance to this instructor, was the end of the semester dialogue with students pertaining to the changes made in those health behaviors throughout the semester. 100% of the students experienced at least one positive change in health behavior as a result of the information learned in this class. For some students, this meant quitting smoking. For others, increasing the amount of daily activity they got. And for still others, an awareness of nutritional content of food as a result of reading labels translated into improved nutritional habits and less fast food consumption.

Every health behavior change for these students is a positive step forward in reducing the risk of diabetes and cardiovascular disease.

7. Describe any faculty dialogue that occurred as part of the assessment process (i.e. Were results shared at a department meeting? Was there discussion about changing any SLOs? Etc.):

There is an ongoing dialogue between instructors pertaining to the outcomes of this assessment. The SLO remains viable and pertinent.

8. Next steps (i.e. any planned revisions to curriculum or teaching strategies to promote student success, future assessment plans, etc.):

No changes are planned at this time.

9. Results of implemented changes, if available at this time:

Please save your finished document in the following format:

yyyysemester-sloa-courseid.doc
example: 2012fall-sloa-engl101c.doc