

## Course Outcomes Guide

### **Course/Program Title: HEA 203 - Personalized Approach to Mental and Physical Health**

**Date: 10/10/14**

The study and practice of principles that affect human health with an emphasis on mental health, physical fitness, stress management, nutrition, and weight control with specific personalized techniques. The roles of lifestyle and behavior are examined as they relate to the prevention of health problems.

### **Course/Program Team: Thomas Burge, Shannon Cameron, Bernard Johnson, and Vicky Bullet**

#### **Expected Learning Outcomes: Student will be able to:**

- Develop and execute a physical fitness plan with the instructor.
- Demonstrate proper techniques to manage stress.
- Determine how spirituality plays a role in mental and physical health.
- Describe different high risk factors that impact negatively on one's health.
- Describe different pathways of achieving a healthier lifestyle through exercise and nutrition.
- Demonstrate various exercise techniques and modalities that will lead to improved fitness.

#### **Assessment (How do or will students demonstrate achievement of each outcome?)**

- Students will use instructor-designed assessment to develop and evaluate a personalized exercise plan.
- Students will use instructor-designed rubric to demonstrate proper skills and techniques in stress management.
- Students will attain 70 percent proficiency on a written quizzes and unit exams covering the six dimensions of health.
- Students will continually evaluate a variety of methods that will allow them to achieve their fitness goals.
- Students will conduct a case study on themselves utilizing MLA format and demonstrate correct citations based on the Humanities scoring rubric and use standard mathematical computation skills to calculate caloric intake using conversion scales, measuring body composition, through various methods determining energy needs and expenditure.

#### **Validation (What methods have you used or will you use to validate your assessment?)**

- Collect data as to the percentage of students who are successful in meeting those standards at a 70 percent proficiency.
- Examine the scoring rubric for skill proficiency and its accuracy at the conclusion of each semester
- Number of students who correctly utilize MLA manuscript format (cross-disciplinary connections).
- Collaborate with a member of the Humanities Division to determine if the MLA scoring rubric is being used appropriately.

- Collaborate with a member of the STEM Division to share our data as to students' readiness for compute the various formulas used in the HPELS Division.

**Results** (What do your assessment data show? If you have not yet assessed student achievement of your learning outcomes, when is assessment planned?)

- We anticipate the data will show a high rate of student success in both knowledge and writing proficiency.
- Data collection will begin at the conclusion of the Spring 2012 semester and be ongoing.

**Follow-up** (How have you used or how will you use the data to improve student learning?)

- Instructors who will meet with their peers at the conclusion of each semester to evaluate the need for pedagogical changes to improve student learning.

**Budget Justification** (What resources are necessary to improve student learning?)

- Continued funding of professional development for all HPELS instructors