

Program Outcomes Guide

Course/Program Title: Letter of Recognition HPELS Degree

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Expected Learning Outcomes:

Students will be able to:

- **Describe several different pathways for achieving a healthy lifestyle within the six dimensions of health.**
- **Identify high risk factors that impact negatively on one's health.**
- **Research a variety of topics that relate to specific courses and document their findings by use of MLA/APA format.**
- **Investigate topics in each course that will allow for extended independent learning.**
- **Demonstrate correct biomechanical techniques in various physical activity courses.**
- **Demonstrate appropriate techniques relative to caring for injuries.**

Assessment

Course-Level Assessments:

Currently, most of the content-driven learning outcomes are assessed at the course-level as follows: Final exams, common assessment exams, where applicable practical skills exams (First Aid), and research methods.

Validation

- Feedback from institutions of higher learning and service organizations which employ students with health and fitness knowledge and skills.
- Comparison of common assessment data between multiple sections taught by different instructors of the same course.

Results

- **Describe several different pathways for achieving a healthy lifestyle within the six dimensions of health.**
 - Accomplished within the following courses: HEA103
- **Identify high risk factors that impact negatively on one's health.**
 - Accomplished within the following courses: HEA103, HEA105, PED216
- **Research a variety of topics that relate to specific courses and document their findings by use of MLA/APA format.**
 - Research paper topics are relative to the course: HEA103, PED170, PED201, PED215, PED216
- **Investigate topics in each course that will allow for extended independent learning**
 - Courses including independent learning: HEA103, HEA105, PED 101-198

- **Demonstrate correct biomechanical techniques in various physical activity courses.**
 - PED101-198
- **Demonstrate appropriate techniques relative to caring for injuries.**
 - Determined within the following courses: HEA105, PED216

Follow-up

Data collection and peer review by staff will determine changes necessary in instructional strategies and techniques to ensure students meet their learning outcomes.

Budget Justification

Continued funding of professional development for all Health, Physical Education and Leisure Studies instructors.