

Course Outcomes Guide

Directions: Please complete this form to document your progress toward improving student learning. For each item, indicate your progress and your anticipated next steps. Thank you!

**Course/Program Title: HEA 102 - Personal Nutrition
1/28/2015**

Date:

This overview course offers an opportunity to explore the biological, behavioral, physical, and sociological aspects of health and wellness. The roles of lifestyle and behavior are examined as they relate to the prevention of health problems. Topic areas include: mental and emotional health, stress management, disease prevention, fitness, nutrition, sexuality, aging, environment, and other timely issues related to personal health.

Course/Program Team:

Expected Learning Outcomes: Student will be able to:

- Students will be able to interpret and analyze nutritional data for personal nutrition assessment.
- Students will be able to identify various types of diets.
- Students will become aware of the relationship of diet to individual health

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

- Students will attain 70 percent proficiency on a written quizzes and unit exams covering the six dimensions of health.
- Students will complete a self-evaluated behavior modification contract with themselves to reference throughout the semester.
- Students will complete weekly media research articles using MLA format and demonstrate correct citations based on Humanities scoring rubric.
- Students will 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.

Question#16	6	7								
Question#17	4	9								
Question#18	3	10								
Question#19	9	4								
Question#20	5	8								
Total	105	159								

Pre/Post Test

Health 103 Personal Health

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the questions

1. The contemporary definition of wellness is
 - a. Living longer than one's parents
 - b. The ability to move about freely without pain
 - c. The absence of ongoing symptoms or chronic disease
2. Emotional health can BEST be described as being able to
 - a. Adapt to various social situations
 - b. Feel and express emotions appropriately
 - c. Think clearly, without emotional influence
 - d. Maintain satisfying interpersonal relationships
3. A sedentary lifestyle, overuse of caffeine, and risky sexual practices are examples of
 - a. Modifiable determinant of health
 - b. Involuntary determinant of health
 - c. Nonmodifiable determinants of health
 - d. Voluntary determinants of health
4. A mentally healthy student who gets a bad grade on an exam would respond by
 - a. Learning from the situation and improving study habits
 - b. Becoming withdrawn and avoiding friends
 - c. Drinking for distraction and to relieve tension
 - d. Getting angry at the professor
5. Psychological health is a complex interaction of
 - a. Opinions and interpretations of past experiences
 - b. Thoughts, feelings, and personal experiences
 - c. Personal experiences and thoughts of future events
 - d. Thoughts of presents and future events
6. Which of the following is TRUE about stress?

- a. It is possible to eliminate all stressors in our lives if we try hard enough
 - b. Stress is only produced by externally imposed factors and is always negative
 - c. Stress is a mental and physical response to real or perceived changes and challenges
 - d. Stress does not affect a person's general health
7. The physiological state in which all body systems are in balance and functioning normally is
- a. Adaptations
 - b. eustress
 - c. recovery
 - d. homeostasis
8. Breakdown in the criminal justice system contribute to violence because
- a. Sentences in various jurisdictions range from lenient to excessive.
 - b. Prisons are overcrowded and prisoners may be release early.
 - c. Prisoners serve their full sentences and may complete training programs while incarcerated.
 - d. There are too many prisons.
9. The term terrorism is correctly applied to situations in which
- a. One country attacks another in a state of war.
 - b. Violence is used to achieve political aims.
 - c. Workers organize for political and economic rights.
 - d. Students demonstrate peacefully against their government.
10. Which of the following is TRUE about ethnviolence and hate crimes?
- a. Ethnviolence is always more brutal than hate crimes.
 - b. Prejudice and discrimination are always at the base of hate crimes and ethnviolence.
 - c. Hate crimes are based on prejudice, but ethnviolence is not.
 - d. Ethnviolence is based on prejudice, but hate crimes are not.
11. Which of the following is TRUE about communication patterns between men and women?
- a. Women tend to be more expressive.
 - b. Women tend be more task-oriented.
 - c. Men are more likely to share their innermost thoughts.
 - d. Men often believe that it is acceptable to show emotion.
12. A relationship in which the partner are sexually involved only with each other is
- a. Intimate
 - b. consensual monogamous
 - c. monogamous
 - d. open
13. People with a physiological dependence on a substance, such as an addictive drug, will experience
- a. Withdrawal but not tolerance
 - b. Both tolerance and withdrawal
 - c. Tolerance but not withdrawal
 - d. Neither tolerance nor withdrawal
14. Which of the following is TRUE about the routes of drug administration?
- a. Drugs taken orally reach the bloodstream faster than drugs taken by inhalation
 - b. The least effective route of administration is by inhalation
 - c. Intravenous injection is the most dangerous method of administration
 - d. Drugs can't be absorbed through the skin
15. A form of fat circulating in the blood than can accumulate on the inner walls of arteries and restrict blood flow is
- a. Triglycerides
 - b. saturated fat
 - c. cholesterol
 - d. lipids
16. High levels of this type of cholesterol appear to reduce the risk of atherosclerosis, or cholesterol-clogged arteries.
- a. LDL
 - b. Triglycerides
 - c. HDL
 - d. ADL
17. Which of the following body shapes represents a higher risk for heart disease?
- a. Shaped like an apple
 - b. Shaped like a pencil
 - c. Shaped like a pear
 - d. Shaped like an hourglass

18. Obesity puts a strain on the heart because
- a. The change in metabolism slows the heart
 - b. Excess weight interferes with the metabolism of omega-3fatty acids
 - c. The heart works harder to move blood through the extra pounds of fat
 - d. Extra fact cells use nutrients that would be used by the heart
19. The H1N1 outbreak that affected the United States is an example of a(n)
- a. Trauma
 - b. Pandemic
 - c. Epidemic
 - d. Plague

TRUE OR FALSE

20. The hands are the greatest source of infectious disease transmission_____.

OVERAL ASSESSMENT FOR HEALTH 103 (PERSONAL HEALTH) Fall Semester 2014

INSTRUCTOR: Ms. Vicky Bullett & Kristina Davis

Common Assessment Pre/Post Test

This assessment reviews course HEA 103 sections 01, 02, 04 lecture and on-line course. Eighty-one active participants were assessed. The cycle refers to the data that was collected reviewing student learning through collegial dialogue from the beginning of the course until the ending of the course semester using chapter quizzes, chapter review take home lessons, and three unit exams.

Overall, the students did considerable better on the posttest vs. pretest, with the greatest gains in the following questions indicated from the table chart.

In the overall assessment of the student pretest from the posttest, showed improvement at the end of the semester in specific chapter areas that were reviewed through independent reading, power point lectures and open book take home assignments. In the attempt to improve study skills, I used differential instructional practices such as the flipped classroom, to explore and engage student to interact with the subject matter during lecture and online assessment with discussion threads.

Instructor: Ms. Vicky Bullett **Course:** Health 103 (1, 2, 4)

Assignment Assessed: Final Exam **2014**

Unit 3 Final Exam

Question			66 active student		Question #27 Essay					
	Correct	Incorrect	Correct %	Incorrect %	75% or					

					Above					
Question #3	39	27	60%	40%						
Question #6	34	32	52%	48%						
Question #10	26	40	39%	61%						
Question #17	60	6	91%	9%						
Question #24	53	13	80%	20%						
Question #27E	13	53	20%	80%						
Question #29	47	19	72%	28%						
Question #32	31	35	47%	53%						
Question #35	61	5	92%	8%						
Question #37	60	6	91%	9%						

OVERALL ASSESSEMENT FOR HEALTH 103 PERSONAL HEALTH FALL SEMESTER 2014

INSTRUCTOR: MS. VICKY BULLETT FINAL EXAMINATION

This assessment reviews course HEA 103 sections 01, 02, 04 lecture and on-line course. Sixty-six active-participants were assessed at the end of the semester. This unit exam data was collected from only three chapters. In preparation for the exam, students were given a study guide of possible essay questions, open book review lessons and activity that related to reading material of each chapter. The data collected showed that a low percentage of the students did not meet the 75% expectations of the selected questions. Number 27, was an essay question that out of the three sections only 20% received 75% or above.

In my observation of the preparation, I need to spend more time clarifying terminology for the students. Reading the material has been a major issue, as students are not prepared to interact during class discussion. I will continue to mentor the students during my office hours, have independent study time designated for students who fall behind during the semester. It is a continuous cycle of collecting assessment results. The data identifies actions that will improve student learning. Implementing those actions, and then encourage the students to be discipline to learn the material and not memorize to help in retaining information that is useful to their life.