

<b>Course Outcomes Guide (COG)</b>
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**Course Title: PED-141/142/143**

**Date: 3/17/15**

A physical education activity class.

**Course Team: Shannon Cameron, Vicky Bullett, Thomas Burge, Bernard Johnson**

**Expected Learning Outcomes**

- Demonstrate an appreciation for healthy lifestyle and the benefits from physical activity which one enjoys.
- Demonstrate an improvement of physical skills over the course of a semester by repetition and correction by the instructor.
- Create an activity journal and/or log that will allow for analysis, adjustment, and improvement of physical skill as the student continues to engage in the activity into the future.
- Demonstrate research skills using MLA format to directed readings and/or training methods.

**Assessment**

- Students reflect positively on the course and worked successfully toward their set goals for the course.
- Students improve in at least 2 out of 3 (or ~70%) Fitness Test from the beginning of the semester till the end of the semester.
- Students log at least 75% of the required 30 hours, performing Strength Training related activity.
- Students correctly use MLA format for citing research papers.

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

- By documenting body weight and percent body fat at the beginning and end of the semester, we can develop a general idea as to whether students worked successfully toward their goals, whether that be weight loss, strength gain etc.
- By encouraging and requiring a minimal number of logged strength training hours to be completed in the H.C.C. Fitness Center, we can confirm students physical activity, and also track use of the facility at the conclusion of the course. This will allow us to determine whether or not the students have developed an appreciation for a healthy lifestyle.

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

	Students Assessed	Students Passed	Percentage Passed
<b>Outcome #1 (Positive reflection/met goals)</b>	<b>19</b>	<b>16</b>	<b>84.2%</b>
<b>Outcome #2 (Improvement on Fitness Testing)</b>	<b>19</b>	<b>16</b>	<b>84.2%</b>
<b>Outcome #3 (Logged Hours)</b>	<b>19</b>	<b>19</b>	<b>100%</b>
<b>Outcome #4 (Correct citation)</b>	<b>19</b>	<b>15</b>	<b>78.9%</b>

Majority of students in the course had a positive outcome. Student's struggled most with citing their work correctly. In the future I plan to discuss citation more in depth during our meetings, and also encourage students to use the Learning Support Center for additional help.

**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

**Total Hours of Coursework:**

- To earn one academic credit at HCC, students are required to complete a minimum of 37.5 clock hours (45 fifty-minute "academic" hours) of coursework per semester. Those hours of coursework may be completed through a combination of hours within the classroom and hours outside the classroom. Certain courses may require more than the 37.5 minimum hours of coursework per credit.
- For most classes, students should expect to do at least 2 hours of coursework outside of class for each hour of in-class coursework.

**MINIMUM CLOCK HOURS REQUIRED FOR THIS COURSE**

	DIRECT Faculty Instruction In-class	Student Work Out of Classroom
Faculty Instruction	Varies per student/level; 1-5 h	
Logged Activity Hours		30 h (15 h in HCC Fitness Center required)
Fitness Testing/Tracking and Journal Assignments		5 h
Research Paper		5 h
<b>Total Hours</b>	<b>1-5 h</b>	<b>40 h</b>