

Crafton Hills College - Outcomes Assessment Report

General Education Outcome: Health & Wellness

Assessed: 2021-2022

Learning Outcomes Statement

Students successfully completing a course in this area will be able to appreciate one's own physical, mental and emotional health and demonstrate the knowledge and/or skills associated with actions necessary for optimum health and physical efficiency.

Means of Assessment (Measurement Method)

Students were assessed during either the Fall 2021, Spring 2022, or Summer 2022 semesters. Assessments occurred in 281 sections and resulted in a total of 3,704 assessments.

Summary of Evidence

Table 1: Number and Percent of students scoring 3 or Higher on the GEO.

GEO #	General Education Outcome	# 3 or higher	% 3 or higher
9	Students successfully completing a course in this area will be able to appreciate one's own physical, mental and emotional health and demonstrate the knowledge and/or skills associated with actions necessary for optimum health and physical efficiency.	3229	87.18%

List of courses where outcomes were mapped to the GEO (48 Unique Courses).

COA/N-602	HEALTH-263H	KIN/F-107A	KIN/F-191A	KIN/X-181BX3
COUN-100	HEALTH-265	KIN/F-108A	KIN/F-970A	KIN/X-181CX3
COUN-120	HEALTH-267	KIN/F-108B	KIN/S-116A	KIN/X-190BX3
EA-907	HIT-101	KIN/F-108C	KIN/S-159A	KIN/X-190CX3
EMS-151	KIN/D-130A	KIN/F-109A	KIN/S-159B	KIN/X-191BX3
EMS-152	KIN/D-143A	KIN/F-121A	KIN/S-159C	KIN/X-191CX3
GEOG-110	KIN/D-150A	KIN/F-155A	KIN/S-159D	KIN-200
HEALTH-102	KIN/D-163A	KIN/F-155B	KIN/S-164A	KIN-231
HEALTH-104	KIN/F-049	KIN/F-168A	KIN/S-164B	
HEALTH-263	KIN/F-105A	KIN/F-190A	KIN/S-164D	

Use of Results/Proposed Actions – Individual Submissions

1	All but one student completed the initial and post assessment. In addition, they all improved both the health related components and skill related components of physical fitness.
2	All goals were met with progressive improvement. Students were given three physical assessment over the semester and all showed steady improvement to reach the desired outcome by the final assessment. When students reached the desired outcome with the first assessment, improvement was noted between each assessment to track progress throughout the semester. Given the 100% success rate, the previous teaching model will be implemented again next semester.
3	All students improved in all areas. I will continue to challenge students according to their abilities.
4	All students in my "A" were able to exercise at the desired cardiovascular intensity for the required 20 minutes.
5	All students in my "B" section successfully designed an exercise program that met the FITT guidelines
6	Continue developing program and culture. Recruit more student athletes.
7	Continue developing program and recruit more student athletes.
8	Continue teaching Stress Management to consistently enable all students who successfully complete the class to successfully complete the targeted SLOs. Honestly, I am not understanding how the # of students is applicable to % assessed, but the way I teach my class I figure these should all be 100% and this summer I only had 6 students in class for the cross enrollment with Yucaipa HS.
9	Continue to "tweak" the Personal Health & Wellness Behavior Change Project (particularly in the journaling component of the BCP) and content included in the course. Also, to continue to encourage students to stay consistent with their engagement in the course, I will continue and increase the use of announcements, emails, and including all assignments on the "to do lists" available in and through Canvas. Higher percentage of "Two's" were due to small number of students in class and a number of them not doing as well in the past in the "Open Book and Note" tests. A number of the students in this semester seemed to need increased help just to make it through the accelerated process of the eight week course.
10	Continue to "tweak" the Personal Health & Wellness Behavior Change Project and content included in the course. Also, to continue to encourage students to stay consistent with their engagement in the course, I will continue the use of announcements, emails, and including all assignments on the "to do lists" available in and through Canvas. For some reason this section was more difficult to keep engaged in the process throughout the semester. It seemed many of them had personal issues come up and adjustments needed to be made to address their situations to enable them to complete assignments and the semester. A higher percentage than usual did not complete the class successfully due to these personal issues.
11	Continue to improve instructor efforts re student follow-up and tracking.
12	Continue to proactively follow up on students lagging in coursework.
13	Continue to provide activities and academic opportunities during the entire semester for students to truly see the extensive variety of subdisciplines and career areas associated with the discipline of Kinesiology. Throughout the semester continue to give students numerous opportunities to look into a number of possible careers in Kinesiology that they may have an interest in pursuing. As each student begins to identify their personal interest area in

	Kinesiology have them focus on the chapter information which identifies the qualifications and requirements associated with their chosen career interest area. Continue to improve directions to Professional Interview Project to be even more specific regarding if the professional does not have a degree in Kinesiology or related field to focus the academic preparation component of the project to the certification process or what qualifies them to be considered a professional in the field of Kinesiology. Note: Students not completing all tests and/or Final Project were not included in these numbers
14	Fall semester students enjoyed learning Zumba remotely as all were new to Zumba and utilized the discussion boards, videos and step tutorials as references. This class would be best taught as a hybrid, with an online component, videos & discussions and a live class where students can feed off each others energy!
15	Fall semester students heavily enjoyed learned tai chi remotely as many felt the ability to watch, slow down and rewatch the forms helped them better learn the patterns and movements. As always with this class, students found the discussion boards incredibly helpful for understanding the health benefits, traditions and origins of tai chi. Many requested that once the class is in person again, keeping the videos as references after a long weekend or between classes as well as having the weekly discussion boards to develop a deeper understanding for the martial arts. Next semester I intend to keep these suggestions and continue to film the movements from multiple angles for students to be able to learn, then follow along through the 24 short form.
16	First implementation of Men's Cross Country off-season course. As team develops, further details may be issued and displayed.
17	First Set up of Women's offseason XC. No attendees for this semester.
18	Goal was easily met. No actions proposed at this time.
19	GoReact glitches in this class caused some confusion and made it tough for me to get videos from some students. It was very frustrating. I also had some students who took advantage of me allowing late work all through the semester and it made for a lesson learned by this professor to implement tougher policies on late work moving forward.
20	Hip Hop online was a struggle for many students. While they enjoyed learning about hip hop culture and history via videos, lectures and discussion boards, many student missed dancing in a group and were more fearful to try more technical moves- which in dance classes- are traditionally overcome by watching peers attempt it and spending sufficient time practicing the choreography and specific steps. This was the first time hip hop was taught completely online, and as the instructor I feel this class would be better taught in person or as a hybrid class, to ensure proper technique and spotting.
21	I have revised my SLO's for next year. They still have the same core outcomes, however, their wording has been revised and there are specific assignments and/or assessments that can be used to evaluate mastery of each outcome.
22	I will continue "tweak" the Assignments & Presentations, particularly the Personalized Nutritional Plan as the final project along with staying up to date with course content. I will also continue to encourage students to stay consistent with their engagement in the course by continuing and increasing the use of announcements, emails, while including all assignments on the "to do lists" available in and through Canvas. The lower scores (2's) were due to a couple of students making minimum effort after Thanksgiving on the final project. Other than that I was please with students performance in the final project overall! As stated above this

	was even with multiple reminders, announcements, and complete directions available to students all semester long.
23	I will continue to make improvements to dynamic rhythm interpretation and the ACLS critical thinking SLO components with the hopes to increase all my students to 4. This is our first class back fully from the shutdown. I noticed that study habits and note-taking skills are not what they should be. I will try to focus more on showing the students strong study habits and note-taking which have been proven to improve learning. I will make adjustments to my lecture periods and try to incorporate more class discussions and group activities to improve the student's critical thinking skills.
24	I will not change the standard or objectives. Students who participate and attend class show improvement in all statements.
25	Identify additional means of highlighting due dates
26	Implement greater number of small-group activities during class meetings to increase student involvement/participation.
27	Increase engagement of students. Develop more application strategies.
28	Increase student engagement and use of materials in real world conditions.
29	Instructor to be much more proactive in following up with students first three weeks who are falling behind and/or need to be dropped.
30	Instructor will clearly lay out procedures for makeup of late/missing assignments. Instructor will drop non-attending students during first three weeks of instruction.
31	No actions at this time. The zero score for statements #1 & #2 were students who did not submit the assignment addressing these SLOs.
32	Nothing was identified at this time.
33	SLO #1 - Target was easily met. There is no proposed action. It should be noted that five students did not complete the assignment assessing this outcome. SLO #2 - Target was easily met. There is no proposed action. It should be noted that six students did not complete the assignment assessing this outcome.
34	Spring semester students preferred learning tai chi remotely as many felt the ability to watch, slow down and rewatch the forms helped them better learn the patterns and movements. As requested last semester, I keep the videos available as references for student to review and master the movements. Next semester I intend to keep these suggestions and continue to film the movements from multiple angles for students to be able to learn, then follow along through the 24 short form.
35	Students are mixed with the late start attendance and participation. The format of 8 weeks is very positive, but I need to to see what some students are struggling with when starting a Late Start class during the semester.
36	Students did amazing at logging their 4 day eating habits and providing suggestions for improvements based off the lecture and reading material. Students really enjoyed using the apps. Students really are excelling in this short time frame course! 2 students did not submit a food log assignment and did not do a behavior change. =34
37	Students did an amazing job on their food logs and their behavior changes. Only 2 students in the class did not submit their work. This shortened format works very well for this course. Students really enjoyed the behavior change assignment.
38	Students did an insanely good job in this section. It was the last 5 weeks which is usually the worst. However, this class surprised me. They all excelled at every subject, completed all

	<p>assignments and did so with high marks. They were super creative too. I wish I could clone this class!</p> <p>I think we are hitting a turning point where students are getting used to and enjoying online learning. I am assuming I am getting better at giving directions as time goes on as well.</p>
39	Students didn't do very well with in person classes due to cold and wet weather conditions outside and continued COVID-19 restrictions keeping us outside. I gave students the option to be online when weather was too cold and most took it.
40	Students in my "A" section were all able to exercise at an intensity level that met the requirement for cardiovascular fitness.
41	Students in the 14 week course did an amazing job of keeping up with the hours of hiking required. Only one student missed a two weeks and needed to make them up at the end. Online students are getting so much better!!
42	<p>Students really seem to excel in the 5 week courses. The students kept up with the assignments, and did a great job of engaging with each other and myself.</p> <p>Students really seem to enjoy working on behavior changes and assignments where they are assessing themselves.</p>
43	Students seem to be very receptive on the 8 week format. I am finding students enjoy the online format and those wanting the certification participate in the In person practice.
44	Students who enrolled in the last 5 week class were a very different type of students who traditionally struggled with other courses and signed up for something to keep their financial aid or units etc. There were a lot more students who dropped by the 2nd week due to not being able to keep up with the amount of hiking required for a short term class. I enjoy offering this for students, but the longer format appears to be more successful for students.
45	Target met. It should be noted that there were three honors students registered for the course. One student dropped, one student earned an incomplete and one student remained. It is my recommendation that a 5-week Honors course is too intense and should be limited to sections that are 13-week or full semester in length.
46	Target was met. At this point there are no proposed actions. (2)
47	Target was met. There is no proposed action. Two students did not complete the assessment.
48	Target was not met. Nineteen students were assessed. Thirteen scored greater than 80% and six scored lower than 80%. Nine students did not complete the assessment. I believe the rubric needs adjustment and/or assessment needs to occur earlier in the semester.
49	Targets were easily met. At this point, there are no proposed actions.
50	The 5 week classes are doing really good. Students are absorbing the information and loving applying it to their lives. Only had a few students who had to catch up on a few assignments. Most did amazing!
51	The 8 week format seems to be the best combination during the online format. I received good feedback compared to the 5 week and 16 week length classes. I will continue to have the students come into the classroom once a semester to evaluate their CPR skills to receive certification.
52	The class was successful. I will continue to teach the class as I have set out the curriculum.
53	The class was successful. Will continue to teach the curriculum as laid out.
54	The course is running well.
55	The current practices appear to be working well and ought to be continued in future iterations of the course.
56	The one student in my "C" section did not complete the research article presentation.

57	The students really enjoyed being back to a face to face class with the out door and team elements. In the future I hope to grow the class to the pre-covid size for better engagement and a higher level of competition with a broader learning curve.
58	The students that did participate regularly did well. I am not sure if the rise in cases attributed to many students not finishing the course. I will continue to reach out to students to help them as much as I can finish the course with a passing grade.
59	The target levels for both SLOs were met.
60	The target of 80% was not met. Adjustment in the rubric is my best recommendation. Many of the 12 students that were entered into area 3 were actually borderline to area 4. No other actions are proposed.
61	The target of 80% was not met. Although 10/14 students assessed achieved at least an 80%, 4 students scored under 80% and 5 did not complete the assessment. Some students may take a 5-week course at the end of the semester because they need the units, however, they may not be equipped for the intensity of a 5-week course. Assessment at the end of a 5-week course may not be ideal timing. Next semester I will assess earlier into the term.
62	The targets for the SLOs were met. No need to improve.
63	There were no students enrolled in this section this semester; therefore, no assessment was necessary.
64	This 13 week format works fantastic for hiking. Students start at many levels and all work their way to much better levels of fitness. Using the GPS tracking apps really is helpful and keeps students on track.
65	This 5 week format works great for some students and not for others. It may also be that it is the last 5 weeks of the semester so there are students who already struggle enrolled. 2 students did not complete work after week1. The other students did great and held on strong. Students start at many levels and all work their way to much better levels of fitness. Using the GPS tracking apps really is helpful and keeps students on track.
66	This average is lower than I would like I had 4 students who never participated, despite sending multiple emails and starfish notifications. I had 3 students who habitually did not turn in assignments, and 2 of those turned in final papers that were 50% plagiarized. The rest of the class did extremely well, with 18/31 (58%) earning a 90% or higher in the class. The overall pass rate was 77.4% Several students in their final papers and evaluations stated that they were surprised at how much they enjoyed exploring food from a global perspective as well as exploring their own cultural backgrounds in respect to their food preferences and future health goals.
67	This class did well achieving these SLOs. I feel this class would be more effective in person to be able to correct student movements as they do them and motivate students to contract muscle groups to push their muscular strength. Overall, student were happy with the course and very engaged.
68	This class has been enormously successful! Student have really enjoyed exploring food from a global perspective as well as exploring their own cultural backgrounds in respect to their food preferences.
69	This class is a spatial study of the Earth's dynamic physical systems and processes. Physical Geography is important because once we learn and understand how our Earth works, we can figure out ways to use these processes for our benefit. In addition, we can figure out solutions to problems that will enhance our days here on this Earth.

70	This class started with more students, however, ended up with only 1 in the class. The student did well working 1:1 with me to achieve the SLOs. I feel this class would be more effective in person to be able to correct student movements as they do them.
71	This class was enormously successful as a hybrid/outdoor and online class. Students loved it. In this section had 1 student with disabilities who flourished in the class, and learned how to modify exercises and stretched for her body. This class has near perfect attendance all semester, and students stated this class helped them cope with the stress of online school while engaging both their mind and bodies.
72	This class was enormously successful as a hybrid/outdoor and online class. Students loved it. In this section only 1 student registered, but never attended or participated. This class has near perfect attendance all semester, and students stated this class helped them cope with the stress of online school while engaging both their mind and bodies.
73	This class was enormously successful as an online class. I was surprised, as I felt it would be more successful as a hybrid course. Students enjoyed the online format using Goreact and engaged in discussion boards. This class had perfect attendance all semester, despite having two student who never attended. Students stated this class helped them cope with the stress of online school by taking time for self care.
74	This class was small but mighty! It had perfect attendance with all beginner students. The student worked hard, asked questions to improve, and wanted to incorporate what they learned into their social lives as well as their fitness plans. As an instructor, I prefer teaching this in person to help develop the artistic/ cultural side, but student loved using videos to drill combos and moves until they could do them! This would be a great hybrid course for Craft in the future.
75	This class was very small. The four students that attended achieved 100% of the SLOs. 1 student never attended, and the other contacted me several times about missing classes and assignments, but never turned anything in. I am pleased that this class has become a very effective online course for students who log into canvas and participate.
76	This class would benefit from being taught in-person so that corrections can be seen and made in person, and group choreographies can be created. In-person also allows me to provide items that students would not have to buy, such as: veils, fans, hip scarves, zills, and so on.
77	This dual enrollment class was fantastic. All but one student showed every time. They were thoughtful, asked questions and were interested in the topic. There was a large gap in teaching the metabolism aspects of this class, as most of these students had not had chemistry yet. In the future, I will not focus on the metabolism aspect, and more on the practical/applied approaches for non- health/science majors/students.
78	This is something I do each semester but I will be changing things up this next semester. I want to revise my curriculum entirely, especially since so many students have been doing my online content through Covid and many students are return students.
79	This non-credit course was well received. Student taking the class had a personal interest in learning about heart disease and planned to share the information with their extended families. This class could be enhanced by adding a cooking demonstration element in the final weeks as students develop their individualized meal plans.
80	This online cardio class as always has high success rates particularly because I have adjusted the course to focus on "at home" workouts with common item and how to use hiking in local areas as a way to exercise, be social/ yet obey social distancing and decrease quarantine related depression. The passing rate for the course was 80% which is equal to in person

	formats for PE. Students responded well to videos and using Goreact as a medium to record/ prove their participation. This class is an excellent choice to remain remote for students that need additional flexibility in their schedules.
81	This online cardio class was incredibly successful, particularly because this quarter we focused on "at home" workouts with common item and how to use hiking in local areas as a way to exercise, be social/ yet obey social distancing and decrease quarantine related depression. The passing rate for the course was 100% (with above a 70% final score --67% received a 90% or higher) which is greater than in person formats for PE. Students responded well to videos and using Goreact as a medium to record/ prove their participation. This class is an excellent choice to remain remote for students that need additional flexibility in their schedules.
82	This semester I revised my curriculum entirely. I tried to be intentional about using diverse representation in examples of yoga models. Students responded well to this. I also took out the component of quarterly fitness assessments. Students still assessed themselves from beginning to the end of the semester but it was less rigorous. This is the second semester I have taught a round of sequencing late start classes. These late start classes really challenge the students determination and motivation.
83	This semester teaching ballroom online required using another teacher to help demonstrate correct placement of the hands and feet with a partner- this was well received by students and will further institute this action for online classes. Additionally, student feedback from the videos identified that students prefer seeing explanations filmed from the front, but demonstration of the movements filmed from behind as to "follow along". Additionally, this semester, I expanded upon discussion boards to look more heavily at the cultural and societal influences on ballroom dance and how dance is often used as both an artistic expression and physical fitness in American culture.
84	This semester worked but I want to give students new challenges next semester to keep the curriculum fresh. I will be changing up curriculum for my online yoga classes next semester with new videos, discussion topics, questions and due dates for assignments.
85	This went well and I have used method in the past. Although I want to be in the classroom again, it worked to be on the lawn and we had all the supplies we needed which was great. In the future, if we stay outdoors in the summer/fall heat it would be important to have a large shaded area for instruction - shade sails or a large covered area not on the grass and out of the public walkways would be perfect.
86	Wow, students did amazing this semester. It appears that the 5 week format is very beneficial to keeping students interested and on track. There were 3 students who didn't continue on after a couple weeks. They were contact by e-mail and starfish, but chose not to continue. Students seem much more prepared for online learning then they were just last year.