

# **Course Student Learning Outcomes Assessment**

**KIN 147 Strength Training for Women**

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## **General Information (Course Student Learning Outcomes Assessment)**

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# Standing Requirements

## 📖 Course Description

This course is designed to teach students the health and fitness benefits of a regular strength training program. Instruction will focus on the development of muscular strength and endurance muscle toning and improvement of body composition and joint stability through the use of free weight exercises and equipment. Emphasis is placed on the lifelong benefits of strength training for the female population.

## 📖 Course Student Learning Outcomes

### KIN 147 Strength Training for Women Outcome Set

#### Outcome

##### Outcome

##### Mapping

##### Outcome 1

Upon completion of this course, the student will be able to design and implement a personal goal-specific strength training program.

**Institutional Student Learning Outcomes:** Act 1, Act 3, Communicate 1, Learn 1, Learn 3, Think 1, Think 2, Think 3

##### Outcome 2

Upon completion of this course, the student will understand the physiological adaptation process and long-term health benefits associated with strength training.

**Institutional Student Learning Outcomes:** Act 1, Act 3, Communicate 1, Learn 1, Think 1, Think 2, Think 3

## 2014-2015 Assessment Cycle

### Measurements

#### Outcomes and Measures

#### KIN 147 Strength Training for Women Outcome Set

##### Outcome

###### Outcome 1

Upon completion of this course, the student will be able to design and implement a personal goal-specific strength training program.

▼ **Measure:** Personal Program  
Course level; Indirect - Survey

**Description of Measurement Tool:** Self-assessment on a sliding scale of 1-5; 1 Not at all, 5 to a great degree.

**Criteria for Success: Individual & Collective Student Criterion:** 70%+ scoring at 4 or 5.  
Class average 3.5+

**Cycle of Assessment:** Spring

**Who is Responsible for Assessment Activity?:** Instructor

###### Outcome 2

Upon completion of this course, the student will understand the physiological adaptation process and long-term health benefits associated with strength training.

▼ **Measure:** Health Benefits  
Course level; Indirect - Survey

**Description of Measurement Tool:** Self-assessment on a sliding scale of 1-5; 1 Not at all, 5 to a great degree.

**Criteria for Success: Individual & Collective Student Criterion:** 70%+ scoring at 4 or 5.  
Class average 3.5+

**Cycle of Assessment:** Spring

**Who is Responsible for Assessment Activity?:** Instructor

### Findings

#### Finding per Measure

#### KIN 147 Strength Training for Women Outcome Set

##### Outcome

###### Outcome 1

Upon completion of this course, the student will be able to design and implement a personal goal-specific strength training program.

▼ **Measure:** Personal Program  
Course level; Indirect - Survey

**Description of Measurement Tool:** Self-assessment on a sliding scale of 1-5; 1 Not at all, 5 to a great degree.

**Criteria for Success: Individual & Collective Student Criterion:** 70%+ scoring at 4 or 5.  
Class average 3.5+

**Cycle of Assessment:** Spring

**Who is Responsible for Assessment Activity?:** Instructor

**Findings for Personal Program**

**Summary of Findings:**

5 – 17  
 4 – 2  
 3 – 1  
 2 – 0  
 1 – 0

Total of 20 Responses  
 Average = 4.8

95% success

**Results:** Criteria for Success Achievement Status: Exceeded

**Analysis of Findings:** Exceeds expectations

**Recommendations:** Learn individual maximums to work within weight percentages.

**Outcome 2**

Upon completion of this course, the student will understand the physiological adaptation process and long-term health benefits associated with strength training.

▼ **Measure:** Health Benefits  
 Course level; Indirect - Survey

**Description of Measurement Tool:** Self-assessment on a sliding scale of 1-5; 1 Not at all, 5 to a great degree.

**Criteria for Success: Individual & Collective Student Criterion:** 70%+ scoring at 4 or 5. Class average 3.5+

**Cycle of Assessment:** Spring

**Who is Responsible for Assessment Activity?:** Instructor

**Findings for Health Benefits**

**Summary of Findings:** 5 – 14

4 – 2  
 3 – 4  
 2 – 0  
 1 – 0

Total of 20 Responses  
 Average = 4.5

80% success rate

**Results:** Criteria for Success Achievement Status: Met

**Analysis of Findings:** Exceeds expectations

**Recommendations:** Move toward purchase of monitoring devices.

**Overall Recommendations**

*No text specified*

 **Plans of Action**

 **Status Reports**

## 2013-2014 Assessment Cycle

### Measurements

#### Outcomes and Measures

#### KIN 147 Strength Training for Women Outcome Set

##### Outcome

###### Outcome 1

Upon completion of this course, the student will be able to design and implement a personal goal-specific strength training program.

▼ **Measure:** Personal Program  
Course level; Indirect - Survey

**Description of Measurement Tool:** Self-assessment on a sliding scale of 1-5; 1 Not at all, 5 to a great degree.

**Criteria for Success: Individual & Collective Student Criterion:** Success 3.5+

**Cycle of Assessment:** Spring

**Who is Responsible for Assessment Activity?:** Instructor

###### Outcome 2

Upon completion of this course, the student will understand the physiological adaptation process and long-term health benefits associated with strength training.

▼ **Measure:** Health Benefits  
Course level; Indirect - Survey

**Description of Measurement Tool:** Self-assessment on a sliding scale of 1-5; 1 Not at all, 5 to a great degree.

**Criteria for Success: Individual & Collective Student Criterion:** Success 3.5+

**Cycle of Assessment:** Spring

**Who is Responsible for Assessment Activity?:** Instructor

### Findings

#### Finding per Measure

#### KIN 147 Strength Training for Women Outcome Set

##### Outcome

###### Outcome 1

Upon completion of this course, the student will be able to design and implement a personal goal-specific strength training program.

▼ **Measure:** Personal Program  
Course level; Indirect - Survey

**Description of Measurement Tool:** Self-assessment on a sliding scale of 1-5; 1 Not at all, 5 to a great degree.

**Criteria for Success: Individual & Collective Student Criterion:** Success 3.5+

**Cycle of Assessment:** Spring

**Who is Responsible for Assessment Activity?:** Instructor

**Findings for Personal Program**



**Summary of Findings:** 5 – 20

4 – 2  
 3 – 0  
 2 – 0  
 1 – 0  
 Total of 22 Responses  
 Average = 4.9

100%

**Results:** Criteria for Success Achievement Status: Exceeded

**Analysis of Findings:** Exceeds expectations

**Recommendations:**

**Outcome 2**

Upon completion of this course, the student will understand the physiological adaptation process and long-term health benefits associated with strength training.

▼ **Measure:** Health Benefits  
 Course level; Indirect - Survey

**Description of Measurement Tool:** Self-assessment on a sliding scale of 1-5; 1 Not at all, 5 to a great degree.

**Criteria for Success: Individual & Collective Student Criterion:** Success 3.5+

**Cycle of Assessment:** Spring

**Who is Responsible for Assessment Activity?:** Instructor

**Findings for Health Benefits**

**Summary of Findings:** 5 – 17

4 – 1  
 3 – 4  
 2 – 0  
 1 – 0  
 Total of 22 Responses  
 Average = 4.6

100%

**Results:** Criteria for Success Achievement Status: Exceeded

**Analysis of Findings:** Exceeds expectations

**Recommendations:**

**Overall Recommendations**

*No text specified*

 **Plans of Action**

 **Status Reports**

## 2012-2013 Assessment Cycle

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 **Measurements**

 **Findings**

 **Plans of Action**

 **Status Reports**