Health Promotion and Physical Activities Competency

Courses in the health promotion and physical activities competency disciplines enable students to develop the knowledge and skills required for a physically fit and healthy functioning human body. Scholarly study in the health promotion and physical activities disciplines promotes the understanding and the intellectual abilities essential to making informed decisions about how to be healthy and physically fit. Students who have completed the General Education (GE) health promotion and physical activities competency can:

- Explain the factors that influence health and wellness, and affect major public health issues in society (SLO 1).
- Identify barriers to and evaluate strategies for achieving optimal health among all populations, including those experiencing health disparities (SLO 2).
- Apply concepts, skills, tools and methods in health promotion to assess and improve personal health (SLO 3).

Sample

Courses: 3
Sections: 86
Total Students: 2709
Student Artifacts: 3747

Sample Profile

- 59% of the students are female
- 67% are Freshman or Sophomore
- 36% are rural students
- Average weighted HS GPA is 3.7
- Average cumulative GPA is 3.0
- Average age is 19.9 years

Students Sampled by Course

<table>
<thead>
<tr>
<th>Course</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Promotion and Physical Activities Competency</td>
<td>52%</td>
</tr>
<tr>
<td>Health Promotion and Physical Activities Competency</td>
<td>41%</td>
</tr>
<tr>
<td>Knowledge and Skills in Health Promotion</td>
<td>7%</td>
</tr>
</tbody>
</table>

Assessment Results

The Percentage of Students Scoring 'Meets Expectation' or Above on Each SLO

- SLO 1: 91%
- SLO 2: 87%
- SLO 3: 84%

The Percentage of Students Scoring 'Meets Expectation' or Above by Artifact Types

- Closed-ended Artifacts: 89%
- Open-ended Artifacts: 100%

Statistical Analysis Results

- Test Scores
  - Face-to-Face: 26.01
  - Online: 25.94
- Rubric Scores
  - Face-to-Face: 44
  - Online: 43

- Transfer
  - Test Scores: 26.01
  - Rubric Scores: 43.48
- Non-transfer
  - Test Scores: 25.94
  - Rubric Scores: 43.57

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  - Test Scores: 26.01
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  - Test Scores: 25.94
  - Rubric Scores: 43.57

- Max Point 28
- Max Point 45

- Statistically significant difference in average exam scores of students, but small effect size
- Not statistically significant difference in average exam scores of students