

Course outcome report

Instructor name	xxx	Date	04-05-2016	Number of students	29
Course	Faux PE 101: Introduction to Physical Education	Quarter/year assessed	Winter 2016		
Outcome: After completing the course, students will be	Explain the benefits of lifetime physical fitness.				
Outcome indicators: List 3-8 criteria by which you assess this outcome (i.e., the outcome broken down into demonstrable skills)	Teaching and learning strategies	Name of the specific graded assessment	Results of assessment (preferably broken down by outcome indicator)	Next steps for improving student learning (e.g., teaching/learning strategies, assessment method, indicators, etc.)	
<ul style="list-style-type: none"> a. Controls weight b. Reduces risk of cardiovascular disease, type 2 diabetes and metabolic syndrome, and some cancers c. Strengthens bones and muscles d. Improves mental health and mood e. Improves ability to do daily activities and prevents falls, if older. 	<ul style="list-style-type: none"> Case studies Group activities Lecture Readings 	Unit quizzes	<ul style="list-style-type: none"> a. Controls weight: 99% of students identified this benefit and all of them explained the concept of balancing calories through physical activity and healthy eating. b. Reduces risk of cardiovascular disease, type 2 diabetes and metabolic syndrome, and some cancers: 92% of students explained how these diseases are affected by physical fitness. c. Strengthens bones and muscles: Only 5% of students mentioned this benefit. d. Improves mental health and mood: 87% of students elaborated on this benefit. e. Improves ability to do daily activities and prevents falls, if older: 80% of students elaborated on this benefit. 	<p>Few students mentioned indicator c, even though we spent an entire class on this topic. In general, I realize that I spend a lot of time lecturing to the students and could do more class discussion and activities. I will create some small group discussions around the benefits of lifetime physical fitness and, specifically, about how physical fitness strengthens bones and muscles and use some case studies to provide real-life examples and context to the students.</p>	