**Assessment Reporting**

Department: **\_\_Physical Education\_\_\_\_\_\_\_**Division: **\_\_\_BEST Division\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Academic Year: **\_\_\_2013-2014\_\_\_\_\_\_\_**

Report for: **PE 1181 Intermediate Fitness- Instructor Jay Mehrhoff**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What action (improvement, change, etc.) was taken in the program/class indicated?

**The PE 1181 Intermediate Fitness course was changed to reflect the definition of a physical education lab class to include 1500 class contact minutes during the 2013- 14 academic year. This is an increase of over 500 minutes per semester.**

**In the course, the beginning and ending assessments were rewritten on a chart for the students to compute, record and identify progress in their cardiorespiratory, muscular strength and muscular endurance testing. A comparison review of the pre-**

**and post assessments were conducted by the instructor with the individual students.**

1. Why was this action taken? (Provide report, link, other, that led to the action in (1.))

**The increase in time reflects course definition of a physical education lab class, but also provides extended workouts to increase improvement of physical fitness in regard to cardiorespiratory endurance, muscular strength and muscular endurance and body composition.**

**The changing of the assessment recording chart was intended to provide a guideline of muscular strength and endurance levels throughout the course of the semester in an understandable manner on one sheet without having to read multiple directions. This is a work in progress to collect and properly record the data. A small percentage of the students were not able to correctly compute the date in the scales provided on the worksheet with instructor explanation and examples provided.**

1. Describe the results/impact/change based on the action.

**The implementation of extra minutes had a positive correlation with increased cardiorespiratory endurance over past semesters. Male and female students improved on average 5 – 10 percent with the increased individual cardiorespiratory endurance assessment. Muscular strength improved, but it was not as noticeable of a change as the increase in cardiorespiratory endurance.**

1. Provide any supporting evidence or information.

**PE 1181 Intermediate Assessment Report 2014**

Table 1.1 Spring 2014-Females – Cardiorespiratory Assessment

|  |  |  |  |
| --- | --- | --- | --- |
| Test | Pre-test \* | Post-test\* | Difference\* |
| 1.5 Mile Run | 15.25 | 13.47 | -1.78 |
| 3.0 Mile Walk | 57.00 | 48.00 | -9.00 |

Chart 1.1 Spring 2014 -Females-Cardiorespiratory Assessment

\*measurement in minutes

Table 1.2 Spring 2014-Females-Muscular Strength Assessment

|  |  |  |
| --- | --- | --- |
| Test | Mean | Ratings |
| Biceps Curl 1 | .35 | Average |
| Biceps Curl 2 | .44 | Good |
| Shoulder Press 1 | .39 | Average |
| Shoulder Press 2 | .45 | Good |
| Bench Press 1 | .65 | Average |
| Bench Press 2 | .79 | Good |
| Squat 1 | 1.38 | Good |
| Squat 2 | 2.07 | Excellent |
| Hamstring Curl 1 | .72 | Excellent |
| Hamstring Curl 2 | .87 | Excellent |

Chart 1.2 Spring 2014-Females-Muscular Strength Assessment

Table 1.3 Spring 2014-Females- Muscular Endurance Assessment

|  |  |  |
| --- | --- | --- |
| Test | Mean | Ratings |
| Biceps Curl 1 | .21 | Average |
| Biceps Curl 2 | .31 | Good |
| Bench Press 1 | .33 | Fair |
| Bench Press 2 | .61 | Excellent |
| Squat 1 | 1.13 | Good |
| Squat 2 | 1.43 | Excellent |
| Hamstring Curl 1 | .46 | Excellent |
| Hamstring Curl 2 | .67 | Excellent |

Chart 1.3 Spring 2014- Females- Muscular Endurance Assessment

Table 2.1 Spring 2014- Males Cardiorespiratory Assessment

|  |  |  |  |
| --- | --- | --- | --- |
| Test | Pre-test\* | Post-test\* | Difference\* |
| 1.5 Mile Run | 12.30 | 9.33 | - 2.97 |
| 3.0 Mile Walk | 54.45 | 54.03 | .42 |

\*measurement in minutes

Chart 2.1 Spring 2014-Males Cardiorespiratory Assessment

Table 2.2 Spring 2014-Males-Muscular Strength Assessment

|  |  |  |
| --- | --- | --- |
| Test | Mean | Ratings |
| Biceps Curl 1 | .53 | Average |
| Biceps Curl 2 | .59 | Good |
| Shoulder Press 1 | .57 | Poor |
| Shoulder Press 2 | .69 | Fair |
| Bench Press 1 | .84 | Poor |
| Bench Press 2 | .91 | Fair |
| Squat 1 | 1.53 | Average |
| Squat 2 | 1.60 | Average |
| Hamstring Curl 1 | .75 | Excellent |
| Hamstring Curl 2 | .85 | Excellent |

Chart 2.2 Spring 2014- Males-Muscular Strength Assessment

Table 2.3 Spring 2014-Males Muscular Endurance Assessment

|  |  |  |
| --- | --- | --- |
| Test | Mean | Ratings |
| Biceps Curl 1 | .31 | Fair |
| Biceps Curl 2 | .36 | Fair |
| Bench Press 1 | .44 | Poor |
| Bench Press 2 | .65 | Average |
| Squat 1 | 1.09 | Poor |
| Squat 2 | 1.24 | Fair |
| Hamstring Curl 1 | .48 | Excellent |
| Hamstring Curl 2 | .64 | Excellent |

Chart 2.3 Spring 2014-Males Muscular Endurance Assessment

Findings Spring 2013:

Students enrolled in PE 1181 Intermediate Fitness need to be instructed to complete their assessments in better detail with the inclusion of complete percentages when calculating their muscular strength and muscular endurance scores. This will in turn increase the sample size of participating students providing a better indicator of overall student progress in the course.

Action for 2013-14:

Modifications were made to the assessment chart and instructions were re-written to help clarify directions for students to complete assessments. Students were verbally walked through the math computations. At the end of the semester, a review of improvement was discussed between the student and the instructor.