

# Student Learning Outcomes 2008-09

## Department of Recreation and Wellness

### Intramural Officiating Program (Fall 08)

**Learning Outcome:** At the end of Volleyball Official's Training, officials will be able to correctly answer questions related to local and national Volleyball rules with at least 75% efficiency.

**Method:** Students were invited to apply to be trained as Intramural Volleyball Officials. No previous experience was required to be a part of this program. Ten students enrolled and were given a knowledge based pre-test to determine their level of understanding of the rules of volleyball. Following completion of training they were retested. (Fall 2008)

**Results:** The average score on the pre- test was a 29. Following the three-day training period (9 contact hours) including rules, mechanics and officiating practice games the students were retested. The average score improved to 83 with a low of 80 and a high of 100. A minimum score of 75 was required to become certified to officiate the games so all 10 participants met this requirement. Additionally, officials were observed throughout the 8 week volleyball season and given feedback as to their performance during games to provide continuous improvement throughout the season.

**Changes as a result of assessment.** Officials will be required to attend an AASU Intercollegiate Volleyball Match and observe and review the Match officials to gain an understanding of proper positioning, mechanics, and conflict management.

### Healthy Eating Every Day Class (Fall 08)

**Learning Outcome:** Participants completing the Healthy Eating Every Day Class will report an increase in understanding of personal nutrition skills necessary to maintain healthy eating habits.

**Method:** Healthy Eating Every Day is a semester-long class on the benefits proper nutrition and exercise can have in maintaining good health over a lifetime. It is a behaviorally based program designed to develop skills and positive eating habits as well as knowledge of proper nutrition. Twelve students registered for the course which met one hour per week. By the end of the semester due to time conflicts, 4 students withdrew and 8 completed the requirements for the class and received a certificate of completion. (Fall 2008)

After completing 18 of the 20 required chapters, students were given a survey and asked to self-report what knowledge and skills they had gained as a direct result of the HEED course. They were also asked to report their confidence level of being able to maintain

the healthy habits they had adopted for a period of 1 month, 1 year and 10 years after completing the course.

**Results:** Eight students completed the self-reporting instrument at the end of the class. The first eight items requested them to report their understanding of specific knowledge which was determined to be an important component of healthy eating. On items one through six, 100% of the students reported understanding the healthy eating concepts. On question seven the number was 75% and on question eight, 88% understood the concepts.

The rest of the questions were about behavioral changes that students hoped to master over the fourteen week program including achieving a short or long term goal set at the beginning of the program, becoming a smarter grocery shopper, learning healthier cooking techniques and making healthy choices when eating out. Scores on these items ranged from 75% - 100% on having successfully changed to these healthier behaviors. 63% reported improvements in their overall mood and in helping other to make changes to their eating habits as well as a result of completing the class. In response to improving their ability to control their eating triggers, only 38% responded that they had mastered this skill. 75% reported that their overall health had improved over the semester. 100% reported an improved score on their Pyramid Assessment showing that they had in fact changed their eating habits to more closely match the recommendations of the food pyramid.

The final question dealt with their ability to maintain a healthy diet into the future after being away from the support mechanism of the class environment. Students were requested to report their confidence level on a scale from 1(low)-10 (high) on being able to maintain their healthy eating habits. 75% reported a high level of confidence and 25% reported a medium level of confidence that they could maintain their new behaviors 1 month after the conclusion of the class. For the period of 1 year after the class, 87% reported a high confidence level and 13% reported a medium confidence level. For the period 10 years after the class, 63% reported a high confidence level and 27% percent reported a medium confidence level that they would be able to maintain their healthy eating behaviors.

**Changes as a result of assessment.** The area of managing eating triggers was identified as the most difficult behavioral skill to master and so this topic will be covered more extensively with practice exercises required over a greater period. Also, students reported that since they were not required to turn in every homework assignment they did not give their full attention to completing some of the assignments outside of class. Completing and submitting homework assignments will be emphasized in future classes and incentives will be given to those who complete the assignments fully and in a satisfactory manner.

## **Customer Satisfaction & Student Learning Outcome – 2008-09**

A Customer Satisfaction and Student Learning Outcome survey was administered during the latter half of April, 2009. To increase the number of respondents, anyone who entered was given the opportunity to place their name in for a prize drawing. The survey asked for information related to the Student Recreation Center facilities, programs and staff as well as inquiring about future programs students would like to see offered. One question asked students to self report whether their participation in Student Recreation Center programs and activities had improved their ability to make healthy lifestyle choices.

**Results:** 139 students completed surveys up from 97 the previous year. Respondents scored the cleanliness of the building a 4.23 which was significantly higher than last year's 3.6 showing that changes implemented after last years survey have had an impact on cleanliness. In all other areas, the average score was above a 4, indicating user satisfaction with hours, variety of programs offered and staff.

**Learning Outcome:** 84 % of students believed their overall ability to make healthy lifestyle choices had improved since participating in Student Recreation Center programs and activities. This was up from 79% the previous year. 12% were neutral and only 4% said they did not think their ability to make these choices had improved.

**Requested Programs:** Students are requesting additional sport club opportunities and additional styles of Group exercise classes.

**Changes made due to responses:** We are assigning a Graduate Assistant to work with emerging Sport Clubs to assist them in getting recognized and established more quickly. We have hired 3 new group exercise instructors to offer additional variety in classes for the fall semester. We are also offering students living on campus an opportunity to be part of a Wellness Community. This group will have seminars and programs targeting the 6 areas of wellness and this program will be assessed at the end of the year.