

Washtenaw Community College Comprehensive Report

PEA 115 Health and Fitness Experience Effective Term: Spring/Summer 2022

Course Cover

College: Health Sciences

Division: Health Sciences

Department: Health Science

Discipline: Physical Education Activities

Course Number: 115

Org Number: 15290

Full Course Title: Health and Fitness Experience

Transcript Title: Health & Fitness Experience

Is Consultation with other department(s) required: No

Publish in the Following: College Catalog , Time Schedule , Web Page

Reason for Submission: Three Year Review / Assessment Report

Change Information:

Consultation with all departments affected by this course is required.

Course description

Outcomes/Assessment

Objectives/Evaluation

Rationale: Three-year syllabus review based on assessment results

Proposed Start Semester: Winter 2022

Course Description: In this course, students will explore the benefits of regular and varied physical fitness activities at the Health & Fitness Center at Washtenaw Community College. Students will develop and maintain a personal physical fitness plan utilizing the Health Fitness Center's equipment, group classes and body-age assessment by a fitness center trainer. Students must be 18 years of age and enrolled in a minimum of 3 credits in the term of enrollment. This course may be repeated for credit five (5) times for a total of 3 credits.

Course Credit Hours

Variable hours: No

Credits: 0.5

Lecture Hours: Instructor: 0 Student: 0

Lab: Instructor: 0 Student: 0

Clinical: Instructor: 0 Student: 0

Other: Instructor: 15 Student: 15

Total Contact Hours: Instructor: 15 Student: 15

Repeatable for Credit: YES

Number of times the course can be repeated for credit: 5

Maximum Hours: 3

Grading Methods: P/NP (limited to clinical & practica)

Audit

Are lectures, labs, or clinicals offered as separate sections?: NO (same sections)

College-Level Reading and Writing

No Basic Skills Prerequisite

College-Level Math

Requisites

Prerequisite

Minimum of 18 years of age

Prerequisite

Student must be enrolled in at least 3 other credit hours.

General Education

Degree Attributes

Below College Level Pre-Reqs

Request Course Transfer

Proposed For:

Student Learning Outcomes

1. Utilize the Health & Fitness Center to increase or maintain personal physical fitness activity.

Assessment 1

Assessment Tool: Attendance record from the Health & Fitness Center

Assessment Date: Winter 2025

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: A random sample of 20% of all students

How the assessment will be scored: Attendance records

Standard of success to be used for this assessment: 75% of the students will attend the fitness center 15 or more times during the semester.

Who will score and analyze the data: Departmental instructor will analyze the data.

2. Develop an obtainable health and fitness plan.

Assessment 1

Assessment Tool: Personal fitness plan

Assessment Date: Winter 2025

Assessment Cycle: Every Three Years

Course section(s)/other population: All

Number students to be assessed: A random sample of 20% of all students

How the assessment will be scored: Departmentally-developed rubric.

Standard of success to be used for this assessment: 75% of students will score 75% (3 out of 4) or higher.

Who will score and analyze the data: Departmental instructor will analyze the data.

Course Objectives

1. Review fitness level utilizing Polar Body Age Assessment with a certified Fitness Specialist.
2. Set fitness goals.
3. Participate in fitness activities.
4. Review fitness accomplishments.
5. Discuss Health & Fitness Center membership rules.
6. Review Health & Fitness Center hours of operation and group sessions schedule.

New Resources for Course

Course Textbooks/Resources

Textbooks

Manuals

Periodicals
Software

Equipment/Facilities

Other: WCC Health & Fitness Center.

| <u>Reviewer</u> | <u>Action</u> | <u>Date</u> |
|-----------------------------------------------------------------|---------------------------|---------------------|
| Faculty Preparer: <i>Kiela Samuels</i> | <i>Faculty Preparer</i> | <i>Aug 18, 2021</i> |
| Department Chair/Area Director: <i>Kiela Samuels</i> | <i>Recommend Approval</i> | <i>Aug 18, 2021</i> |
| Dean: <i>Valerie Greaves</i> | <i>Recommend Approval</i> | <i>Aug 18, 2021</i> |
| Curriculum Committee Chair: <i>Randy Van Wagnen</i> | <i>Recommend Approval</i> | <i>Dec 07, 2021</i> |
| Assessment Committee Chair: <i>Shawn Deron</i> | <i>Recommend Approval</i> | <i>Dec 08, 2021</i> |
| Vice President for Instruction: <i>Kimberly Hurns</i> | <i>Approve</i> | <i>Dec 08, 2021</i> |

Washtenaw Community College Comprehensive Report

PEA 115 Health and Fitness Experience Effective Term: Winter 2016

Course Cover

Division: Math, Science and Engineering Tech

Department: Life Sciences

Discipline: Physical Education Activities

Course Number: 115

Org Number: 12120

Full Course Title: Health and Fitness Experience

Transcript Title: Health & Fitness Experience

Is Consultation with other department(s) required: No

Publish in the Following: College Catalog , Time Schedule , Web Page

Reason for Submission: Three Year Review / Assessment Report

Change Information:

Consultation with all departments affected by this course is required.

Outcomes/Assessment

Objectives/Evaluation

Rationale: 3-year update

Proposed Start Semester: Spring/Summer 2015

Course Description: Providing access to the Health & Fitness Center at Washtenaw Community College, this course encapsulates the benefits of regular and varied physical fitness activities. Students must be 18 years of age and enrolled in a minimum of 3 credits in the term of enrollment. This course may be repeated for credit five (5) times for a total of 3 credits.

Course Credit Hours

Variable hours: No

Credits: 0.5

Lecture Hours: Instructor: 0 Student: 0

Lab: Instructor: 0 Student: 0

Clinical: Instructor: 0 Student: 0

Other: Instructor: 15 Student: 15

Total Contact Hours: Instructor: 15 Student: 15

Repeatable for Credit: YES

Number of times the course can be repeated for credit: 5

Maximum Hours: 3

Grading Methods: P/NP (limited to clinical & practica)

Audit

Are lectures, labs, or clinicals offered as separate sections?: NO (same sections)

College-Level Reading and Writing

No Basic Skills Prerequisite

College-Level Math

Requisites

Prerequisite

Minimum of 18 years of age

Prerequisite

Student must be enrolled in at least 3 other credit hours.

General Education

Degree Attributes

Below College Level Pre-Reqs

Request Course Transfer

Proposed For:

Student Learning Outcomes

1. Participate in varied physical fitness activities on a regular basis.

Assessment 1

Assessment Tool: Preliminary questionnaire, attendance records and final questionnaire

Assessment Date: Fall 2012

Assessment Cycle: Every Three Years

Course section(s)/other population: all

Number students to be assessed: all

How the assessment will be scored: Questionnaire will be scored using an answer key. Attendance records will be reviewed for the total number of times the student actively engaged at the fitness center.

Standard of success to be used for this assessment: 75% of the students will attend the fitness center 15 or more times during the semester. 75% of the respondents to the final questionnaire will achieve their fitness goals.

Who will score and analyze the data: Instructor will analyze the data.

Course Objectives

1. Review fitness level.

Matched Outcomes

2. Set fitness goals.

Matched Outcomes

3. Participate in fitness activities.

Matched Outcomes

4. Review fitness accomplishments.

Matched Outcomes

New Resources for Course

Course Textbooks/Resources

Textbooks

Manuals

Periodicals

Software

Equipment/Facilities

Other: WCC Fitness Center.

Reviewer

Action

Date

Faculty Preparer:

Anne Heise

Faculty Preparer

Apr 16, 2015

Department Chair/Area Director:

Anne Heise

Recommend Approval

Apr 16, 2015

Dean:

Kristin Good

Recommend Approval

Apr 29, 2015

Vice President for Instruction:

