Kinesiology-Health and Physical Education Program

SAC Program SLO Assessment Form:

Health and Movement Based Courses (KNHE, KNAC, KNFI, KNAD, KNAF, KNAQ)

The Mission of the Kinesiology-Health & Physical Education (KNPE) program is to prepare Kinesiology majors for academic pursuits and careers in Health, Fitness, and Sport related industries. We empower all students with the knowledge to discriminate between healthy and unhealthy lifestyle choices as well as competence in many and proficiency in a few movement-based skills. We encourage students to explore the personal challenge, self-expression, and social interaction benefits associated with regular physical activity.

Area Goals:

1. Prepare Kinesiology students for leadership opportunities in the Health, Fitness, and Sport industries.
   1. Assess & develop strategies to increase the number of degrees awarded.
2. Prepare General Education students for lifelong physical activity as a base or foundation from which all other areas of their lives are improved; spiritually, socially, intellectually, physically and emotionally.
   1. Increase the number of SAC graduates demonstrated competency in > 3 areas and proficiency in at least 1 area.
3. Enhance the health and wellness of our campus and surrounding community by promoting healthy lifestyle principles along with safe & effective exercise.
4. Increase the diversity of our full-time faculty based upon the diverse interests and needs of our students.
5. Continually update curriculum to meet the interests and needs of our students and evolving discipline.
6. Seek and develop new technologies associated with the interests and needs of our students and evolving discipline.

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| Semester/Year: Spring 2013 (Self reflection, Collegial dialogue, Review, & Revision) | | | | | Semester/Year: | | |
| **Institutional SLO** | **Program SLO** | **Method of Assessment** | **Outcomes** | **Plan for Implementation** | **Reassessment** | **Outcome** | **Plan for Implementation** |
| 2a-Critical Thinking, 2b-Ethical Reasoning, 4b-Social Diversity, 5a-Personal Responsibility, 6c-Personal Growth  2a-Critical Thinking, 2d-Quantitative Reasoning, 4b-Social Diversity, 5a-Personal Responsibility, 6a-Creative Expression, 6c-Personal Growth, 6d-Interpersonal Skills.  2a-Critical Thinking, 2b-Ethical Reasoning, 2d-Quantitative Reasoning, 4b-Social Diversity, 5a-Personal Responsibility, 6c-Personal Growth | The student will be able to describe the role of Kinesiology-Physical Education in health promotion and disease prevention.  The student will be able to demonstrate proficiency in 1 and competence in at least 2 physical activities.  Students will be able examine personal health-related behavioral patterns, select goals, and formulate appropriate behavioral strategies. |  |  |  |  |  |  |

Who are we assessing? Students Gen Ed satisfying area E through Health & Movement-Based classes.