Assessment Guide

Program/Discipline: Therapeutic Exercise and Rehabilitation Program Division: H & PE

Faculty preparing plan: Shannon Gaul

Part I: Determine Expectations (CONTENT to be assessed)

Process	Program or discipline response
List expected learning outcomes	1. Understand the mechanism of each student injury and pain. 2. Understand how to deal with pain more efficiently. 3. Develop a routine on how to stay "healthy" and pain-free as possible 4. Maintain a healthy lifestyle of eating choices, mental health, and exercise. 5. Find enjoyment in their lives that will keep them motivated on their health.
Identify where expected outcomes are addressed in the curriculum	1. Through pre and post test measurements. 2. Introduction of biomechanics of the body through lectures. 3. Work one-on-one with each student developing a healthy lifestyle plan. 4. Evaluate pain levels with stress and activity levels on a week to week basis. 5. Do in-class survey/goals of who might be their support group and what things bring them enjoyment in life.
Determine methods and criteria to assess outcomes	1. Blood pressure, resting heart rates, waist to hip measurements, weight, and flexibility will be assessed pre and post. 2. Post survey students on knowledge of injury. 3. Complete a healthy life-style plan to be turned in by end of quarter. 4. Keep a journal of daily activities to be turned in at end of quarter. 5. Do a post-test survey to see if they have done enjoyment types of activities. Each activity will be graded and a final grade will be turned in at the end of the quarter.
Describe level of expected performance	All students who complete the above guidelines will be addressed a letter grade that will reflect their performance.
Identify and collect baseline information	Each person's baseline information will be compared at the end of the quarter with their initial pre tests, surveys, and healthy lifestyle plans.

Part II: Determine Timing, Cohort(s), Assign Responsibility (PEOPLE assignments)

Process	Program or discipline response
Determine whom you will assess	1. Each student will complete: • An pre-test in the above listed items. • A survey of effectiveness in lecture material on biomechanics. • A health lifestyle plan pre and post. • A journal of daily activities to see if they are making successful healthy choices. • A pain scale survey pre, post, and weekly.
Establish a schedule for assessment (Guideline: assess a maximum of 3 outcomes per year)	Each student will be assessed in the beginning and ending of each quarter. Each student will complete a post survey on effectiveness of lecture material on biomechanics. Each student will complete a pain survey every week. Each student will complete a journal to be handed in at the end of the quarter. Each student will complete a pre and post test healthy lifestyle survey.
Determine who will interpret results	Faculty will evaluate each student and give appropriate feedback.

Part III: Interpreting and Sharing Results to Enhance Institutional Effectiveness (COMMUNICATION)

Process	Program or discipline response
Interpret how results will inform teaching/ learning and decision making	Student evaluations at the end of the quarter will determine if the assessments were effective in changing lifestyle habits. Post surveys will be evaluated to observe individual changes of healthy choices. Appropriate and modified changes will be implemented after each quarter to insure student satisfaction and knowledge of own lifestyle habits.
Determine how and with whom you will share interpretations	The interpretations will be shared with the student directly.
Decide how your program or discipline will follow-up on implemented changes	Results from the survey, journal and the pre and post testing will be evaluated to make further changes in behavior modifications or injury management. It could include more lecture based information on biomechanics, mechanisms of injury, appropriate diet and exercise guidelines and ideas for healthy lifestyle changes.