Program Level Outcome (PLO) Assessment Report Summary

Program Level Outcomes for Physical Education Kinesiology:

Upon successful completion of the Kinesiology/Physical Education, Health and Athletics program, a student should be able to:

- demonstrate competence in performing a variety of skill-related behaviors.
- describe health and physical activity concepts that will enable him or her to make informed decisions concerning health.
- recognize health issues, understanding the similarities and contrasts among cultures.
- demonstrate sensitivity to cultural and physical diversity.
- explain the value and significance of physical activity for human development, human interaction and quality of life and its relationship to their particular disability.

What we looked at:

We examined a variety of skill-related behaviors within the sports that we offer at Hartnell College (12 sports total). Most of the sports measured a specific skill intrinsic to the activity during the Fall 2013 semester.

What we found:

The sports that measured a specific skill demonstrated average improvement of 79.1%. Track and Field (men and women) was not assessed in terms of a common skill due to the nature of the sport and the variety of events that are taught during the semester. Softball measured a skill, but only provided numbers for the group and not individuals. The remainder of the sports found that we had improvement in skills that were assessed at different rates. Soccer players (PEIN 25) all improved (100%) in evaluating the skill, while men’s basketball (PEIN 30 and PEIN 17), women’s basketball (PEIN 30), and football (PEIN 19) all showed a skill improvement of 90%. These results were all outstanding. The next grouping was still very good in that cross country sophomores (PEIN 23) scored a 81.8% increase and a different women’s basketball class (PEIN 18) scored a 80%. The freshman from cross country (PEIN 23) did very well at a 70% improvement. The only scores that were low came from volleyball (PEIN 22) at 66% and Baseball (PEIN 43) at 33%. Both of these scores can be explained in that both sports have specialized skill that all players do not need to have, so a skill being measured may be relevant to only a small percentage of the athletes.

What our next steps are:

Each sport will continue to assess skill related behaviors so that we will continue to achieve an optimal percentage of improvement. Each sport only assessed one skill, so in the future a different or numerous skill(s) could be assessed each semester. Track and Field is working to develop a common skill test that could be used in the future.