

General Education Outcomes Assessment for Health and Wellness. PIs: Duane Crider, Frederick Garman, Kina Hayduk, Yongjae Kim, John Raffin, Department of Sport Management.

Abstract

Title: General Education Outcomes Assessment for Health and Wellness
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The purpose of this grant is to develop a cognitive tool for use in assessing the student learning outcomes of the general education Health & Wellness course. The two objectives of this grant are to provide support for the development of this tool, and to develop the plan for the implementation of the assessment tool. The primary learning goal of Health and Wellness is the behavior change process. The behavior change process is firmly rooted in Health Education and Psychosocial Health literature, and grounded in the theory of the “Health Beliefs Model” and the “DiClemente Model” / Transtheoretical Model of Behavior Change for determining readiness associated with “Stage of Change”. The grant supports a working seminar for five faculty members from the Department of Human Kinetics to examine the current assessment tool, establish a revised assessment tool, and develop with a specific plan for its implementation and review of data in the fall of 2011.