

Wilbur Wright College Physical Education Department

Fall 17 & Spring 18 P,R & I statements for SLO #4

Gen Ed SLO #4: Develop and demonstrate an understanding of ethical values, life goals, and interpersonal skills that will prepare students for life-long learning, employability, and effective citizenship.

Process

Students will be assigned the task of defining their fitness goals through written and oral presentation including workout regimen, healthy lifestyle habits, proper nutrition and recovery. Learners will develop and display their interpersonal skills through the appointment of workout partners and/or placement in small groups. Under instructor supervision and authentic assessment students will be required to engage in interactive workout activity that will include spotting classmates, sharing equipment, exchanging ideas, and problem solving while exhibiting ethical behavior toward their fellow cohorts.

Results

Through written and oral presentation learners were able to express fitness goals that met their personal needs and demonstrated health literacy. Students confirmed credibility that realizing fitness objectives positively correlates with their life's goals. This corresponds to research displaying a positive effect on academics from improved physical health. "Health factors are significantly related to students' ability to succeed. It is critical to understand the connections between student health and academic performance and fully utilize health data to promote student success." (*College Student Journal. Winter2016, Vol. 50 Issue 4, p590-602, Abstract*). Instructor observations of student's interactive behavior noted that joint physical fitness activity is a good medium for developing and enhancing interpersonal skills. Moreover,

functioning in small groups or with partners manifested a favorable effect on student's ethical behavior toward one another.

Improvements

Modification will be made in curriculum which will expand learner comprehension that participation in use of illegal performance enhancing drugs as unethical. Additionally, more priority (projects) will be allocated to definition of student's lifelong fitness and health objectives. Currently fitness goals are determined for a shorter time period (e.g.), semester or season. Henceforth learners will be challenged to contemplate, outline and understand the significance of long term goals in addition to their short term aspirations.

Furthermore, under instructor guidance students will periodically rotate workout partners/groups which will encourage the acquirement of interpersonal skills and ethical behavior amongst a larger cross-section of their classmates.