

**Name of Assessment** Fitstop**Project:****Name(s) of Person(s)  
Responsible for  
Assessment Project:**

Role
Director of Health Education (Debbie Pino-Saballett)
Assistant Director of Health Education (Maria Fish)

**Email Address:** mnfish@ucsd.edu**Phone Number:** 25382**Other Contacts:****Providing** Student Health Services**Department:****Other****Units/Departments****Involved in****Assessment Project:****Program, Service, or Event Related to Assessment Project**

FITstop is a collaborative program between Student Health Services and Recreation. This service is provided by the Student Health Advocates who are trained peer educators through the Health Education Department of Student Health Services. The assessment measures a student's level of fitness compared to others in their age group. Specific measurements include blood pressure, heart rate, body composition, flexibility, aerobic fitness level, core strength and muscular fitness.

 Fitstop Analysis Form**Assessment Project Description**

The main purpose of this assessment was to assess student learning outcomes.

**Unit/Program Specific Goals and Learning Outcomes**

By the end of this 20-minute assessment, participants will be able to:

- identify their aerobic fitness level
- identify their fitness level in the core strength category
- identify their fitness level in the muscular fitness category
- identify their fitness level in the flexibility category
- list at least 1 campus resource to support them in their well-being

**Relationship to  
Student Affairs** Engage in a Healthy Lifestyle**Learning Outcomes:**

**Assessment Project** 10/8/2012

**Start:**

**Assessment Project** 6/30/2013

**End:**

### Population/Sample

Forty-one students who participated in Fitstop completed the evaluation.

**Type of Assessment:** Student learning outcomes and/or behavioral outcomes, Tracking usage

**Other Assessment**

**Type(s):**

**Assessment Methods:** Observation, Surveys

**Other Assessment**

**Method(s):**

### Data Collection Tools

Hard copy surveys and observation.

..... Fitstop Evaluation

### Data Analysis Methods

Data was analyzed by Campus Labs.

### Presentation of Findings

Results of this assessment were shared with the Health Education staff to improve the program. Results will also be shared with the Student Health Advocate Program Officer Board and the Health, Recreation, and Well-being Cluster.

**Progress:**  100%

### Link Assessment Project in Campus Labs Baseline

Source Name	Project Name
No items to display.	

### Summary of Findings

Five student learning outcomes were assessed. After measuring each respondent's fitness levels and explaining the results of their assessment:

- Respondents reported that they can now identify their fitness levels in four different categories:

Specific Fitness Level (n= 41):	Percent (%)
Core Strength	68%
Flexibility	68%
Cardiac Recovery	68%
Muscular Fitness	66%

- 79% of respondents were able to identify one on-campus resource that will help them with their fitness/nutritional goals.

### Impact of Assessment

- Although the results show that more than 60% of students surveyed agreed that they could identify their fitness level in 4 different categories, we would like to increase that to 100%. One way we may help students identify their fitness level is while carefully explaining the results of the assessment, asking students if they understand the meaning of each fitness indicator before moving on to the next category.

### Lessons Learned

One significant objective of Fitstop is to encourage behavior change resulting in healthier lifestyle choices. This assessment shows that Fitstop is helping to meet this goal. Seventy-eight percent of respondents agreed that they intend to change a behavior as a result of the outcome of their fitness test.

In the "comments" section of the assessment, students were grateful for this free service. Students reported that Fitstop was helpful in providing them with information to help them identify their fitness level. Students also reported that Fitstop helped increase their awareness of on-campus resources to support them in meeting their fitness/nutrition goals. Overall, the results show that this is an important service that makes a positive impact on students' well-being.

### Supplemental Information

Last modified 8/16/2013 at 4:40 PM by [Maria Fish](#)

Created 11/7/2012 at 2:35 PM by [Maria Fish](#)