

## Personal Wellness Assessment

Public

**Name of Assessment Project:** Personal Wellness Assessment

**Name(s) of Person(s) Responsible for Assessment Project:** Director of Outback Adventures (Thomas Rottler)  
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**Other Contacts:** Campus Recreation

**Providing Department:**

**Other**

**Units/Departments**

**Involved in**

**Assessment Project:**

**Program, Service, or** Personal Wellness Program

**Event Related to**

**Assessment Project:** A FREE one quarter long program offered to current UCSD students. Eight weeks of small group sessions, with each week dedicated to a different topic/workout. The program is designed to lead to better health and improved performance. A personalized workout will be designed for each participant at the end of the class. You may only register for this program once. Student Personal Wellness is offered during fall, winter, and spring quarters only.

**Assessment Project Description:** The purpose of this assessment is to determine whether participation in the personal wellness program led to quantifiable fitness changes in the participants. The Program consists of initial fitness assessment, entrance interviews with a wellness instructor, six weeks of small group fitness training and a follow up fitness profile. Weekly small groups have one hour training sessions.

**Unit/Program Specific Goals and Learning Outcomes:** The fitness indicators are currently the only areas being assessed at this time.

**Relationship to Student Affairs**

Engage in a Healthy Lifestyle

**Learning Outcomes:**

**Assessment Project Start:**

7/1/2014

**Assessment Project End:**

6/30/2015

**Population/Sample:**

There were 305 personal wellness participants in FY2015. 100% of the participants were assessed.

**Type of Assessment:**

Other: Please enter text below

**Other Assessment Type(s):**

Pre and post physical fitness assessment

**Assessment Methods:**

Rating of Skills (e.g., rubrics)

**Other Assessment Method(s):**

**Data Collection Tools:**

The Initial Assessments were provided by the FitLife staff. Testing included blood pressure, body composition, muscular strength and endurance, flexibility and aerobic capacity. At the end of the program a fitness evaluation was performed.

**Data Analysis Methods:**

Pre and post assessment scores were compared to determine % of participants that improved in the post program assessment.

**How Your Results Will Be Presented:**

At the end of the program an evaluation was performed for each wellness participant. Exit interviews with the instructor offered the opportunity to reassess participant personal fitness goals and objectives and to establish long-term plans. Participants also received an individualized workout program.

**Progress:** Overall results were shared with program directors and wellness instructors.  
100%

**Link Assessment Project in Campus Labs Baseline :**

Name

Source

No items to display.

**Summary of Findings:** The following % of participants saw improvement on the fitness indicators between their pre and post program assessments:  
Blood pressure 64%  
Resting heart rate: 57%  
Flexibility: 69%  
Recovery heart rate: 83%  
Push ups: 85%  
Situps: 86%



**Impact of Assessment:**

Findings were discussed with the student participants to help them establish future goals. Findings were used by wellness coaches to develop a personalized program for each participant.

**Lessons Learned:**

Collaboration with Student Health Advocates continual adherence to strict form on each assessment tool for more accurate results.

**Supplemental  
Information:**

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