Personal Wellness Assessment

Name of Assessment Project: Personal Wellness Assessment

Name(s) of Person(s) Responsible for Assessment Project:
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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.

The fitness indicators are currently the only areas being assessed at this time.

Unit/Program Specific Goals and Learning Outcomes:
Engage in a Healthy Lifestyle

Learning Outcomes: 7/1/2014
Assessment Project Start:
6/30/2015
Assessment Project End:

Population/Sample:
There were 305 personal wellness participants in FY2015. 100% of the participants were assessed.

Type of Assessment:
Pre and post physical fitness assessment

Other Assessment Type(s):
Pre and post physical fitness assessment

Assessment Methods:
Rating of Skills (e.g., rubrics)

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.

Overall results were shared with program directors and wellness instructors.

Progress: 100%

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.