

Program: Physical Education/Wellness 2002-03

| Outcome 1 | Measurable Criteria | Measurement Tool | Time Frame |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|------------------|-------------|
| Students will understand optimal health as a multi-faceted state involving the balance of physical, social, emotional, intellectual, and spiritual dimensions. | Increase the correct answers in a pre-post model of student performance. | Pre-Posts Tests | Winter 2003 |
| Results: | | | |
| Analysis and Action: | | | |

| Outcome 2 | Measurable Criteria | Measurement Tool | Time Frame |
|----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|-------------|
| Students will understand the benefits and concepts of a healthy lifestyle. | Increase the percentage of students who meet the Dietary Guidelines' minimum average daily goal of at least 5 servings of vegetables and fruit. | Pre-Post Questionnaire | Winter 2003 |
| Results: | | | |

Program: Physical Education/Wellness 2002-03

Analysis and Action:

| Outcome3 | Measurable Criteria | Measurement Tool | Time Frame |
|-------------------------------------------------------------------------------|-----------------------------------------------------------------|-------------------------|-------------------|
| Students will develop an understanding of the components of physical fitness. | Increase the percentage of correct answers in a pre-post model. | Pre-Posts Tests | Winter 2003 |

Results:

Analysis and Action:

| Outcome 4 | Measurable Criteria | Measurement Tool | Time Frame |
|------------------|----------------------------|-------------------------|-------------------|
| | | | |

Results:

Program: Physical Education/Wellness 2002-03

Analysis and Action: