

Outcome 1	Measurable Criteria	Measurement Tool	Time Frame
Students will understand optimal health as a multifaceted 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 on
<p>Results: Martial Arts and Volleyball classes showed 20+ point increases in post-tests over pre-tests. Results for other PE classes showed almost no gain. No results after fall 03.</p>			
<p>Analysis and Action: Investigate what factors made the difference in these particular classes. Jump-start assessment in program.</p>			

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
<p>Results: none</p>			

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
<p>Results: Martial Arts and Volleyball classes showed 20+ point increase in post-tests over pre-tests. Results for other PE classes showed almost no gain. No results after fall 03.</p>			
<p>Analysis and Action: Investigate what factors made the difference in these particular classes. Jump-start assessment in program.</p>			