

Building Expectations: Targeting Student Learning By Using Auxiliary Online Teaching and Learning Materials

Missouri S&T, March 13, 2015

Tara Tansil-Gentry M.A.,
Harriette L. Spiegel, Ph. D.
Donald Shaw, Ph.D.

Value Added

- Learning outcomes targeted
- Learning assessed in many different ways
- Guided student learning
- Enhancing instruction

Course Home Screen

Health 111 Section OL2 - FA 2014 MasteringHealth™

course settings

modify

Course Home

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eText

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Student IDs and Groups

Item Library

Course Calendar

November 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Ch. 1 Assign... Ch. 1 Quiz Ch. 2 Assign... Ch. 2 Quiz	27	28	29	30	31	1
2 Ch. 3 Assign... Ch. 3 Quiz Ch. 4 Assign... Ch. 4 Quiz	3	4	5	6	7	8
9 Ch. 5 Assign... Ch. 5 Quiz Ch. 6 Assign... Ch. 6 Quiz Ch. 7 Assign... Ch. 7 Quiz	10	11	12	13	14	15
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23 Ch. 10 Assign... Ch. 10 Quiz Ch. 11 Assign... Ch. 11 Quiz	24	25	26	27	28	29
30 Ch. 12 Assign... Ch. 12 Quiz Ch. 13 Assign... Ch. 13 Quiz	1	2	3	4 Ch. 14 Assign... Ch. 14 Quiz Ch. 15 Quiz Ch.. 15 Assi..	5	6

[+ Create Assignment](#) [View All Assignments](#)

In-Class Learning

Ask students questions during class to assess their understanding in real time.

[Learning Catalytics](#)

Dynamic Study Modules

Dynamic Study Modules are always available for student self-study, and are now also available as assignments.

[Copy Modules into Course to Assign](#)

Course Materials

Post and manage documents and other files for students in your course.

[Manage Documents](#)
[Manage/Record Lecture Video](#)

Learn More

- [Getting Started](#)
- [How-To Video Tours](#)
- [FAQs](#)
- [Best Practices](#)
- [Ask an Expert Mastering User](#)
- [MyDietAnalysis Help Center](#)

Announcements

Health 111 Section OL2 - FA 2014

course settings

MasteringHealth™

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Syllabus

modify

The University of Tennessee at Martin
Health and Human Performance
Fall 2014

BASIC INFORMATION

Course: Health (HLTH) 111 Section: OL2
Course title: Principles and Concepts in Personal Health
Credit: 3 semester hours
Instructor: Tara Tansil-Gentry
Instructor's office: 3025 Elam Center
Email: ttansil@utm.edu
Phone: 731-881-7338
Office hours: MW (9:15-11:15am; 2:00-3:00pm); TTH (11:00am-12:00pm; 2:00-3:00pm)
Textbook and other required materials:
Hopson, J. L., Donatelle, R. J., & Littrell, T. R. (2014). Health. HLTH111 University of Tennessee-Martin, Boston, MA: Pearson.

COURSE PURPOSE, GOALS, AND OBJECTIVES

Course description:
Development of the understandings, attitudes and practices which contribute to better individual health.
General Course Objectives: See chapter learning objectives as outlined at the end of the syllabus.
General Education relationship: This course incorporates the concepts of understanding the impact that society, families and individuals have on total wellness and wellbeing.
Course Topics: Please note chapter NAME not NUMBER
Chapter 1: Making Personal Wellness Choices and Changing Wellness Behaviors
Chapter 2: Understanding Fitness Principles
Chapter 3: Conditioning Your Cardiorespiratory System
Chapter 4: Building Muscular Strength and Endurance
Chapter 5: Understanding Body Composition
Chapter 6: Improving Your Nutrition
Chapter 7: Managing Your Weight
Chapter 8: Managing Stress
Chapter 9: Promoting and Preserving Your Psychological Health
Chapter 10: Reducing Your Risk of Cardiovascular Disease
Chapter 11: Reducing Your Risk of Diabetes and Other Chronic Diseases
Chapter 12: Avoiding Substance Use, Abuse, and Addiction
Chapter 13: Reducing Your Risk of Cancer

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List View | [Calendar View](#)
(sorted by Due Date)

[+ Create Assignment](#)

#	TITLE	CATEGORY	DUE DATE/TIME	AVAILABILITY TO STUDENTS	Edit
1	Introduction to MasteringHealth	Homework	10/24/14 at 10:59pm *PAST DUE*	From: 10/12/14 at 06:00am Until: 12/11/14 at 10:00pm	Not Available
2	Ch. 1 Assignment	Homework	10/26/14 at 10:59pm *PAST DUE*	From: 10/19/14 at 06:00am Until: 12/11/14 at 10:00pm	Not Available
3	Ch. 1 Quiz	Quiz	10/26/14 at 10:59pm *PAST DUE*	From: 10/19/14 at 06:00am Until: 12/11/14 at 10:00pm	Not Available
4	Ch. 2 Assignment	Homework	10/26/14 at 10:59pm *PAST DUE*	From: 10/19/14 at 06:00am Until: 12/11/14 at 10:00pm	Not Available
5	Ch. 2 Quiz	Quiz	10/26/14 at 10:59pm *PAST DUE*	From: 10/19/14 at 06:00am Until: 12/11/14 at 10:00pm	Not Available
6	Ch. 3 Assignment	Homework	11/02/14 at 10:59pm *PAST DUE*	From: 10/26/14 at 06:00am Until: 12/11/14 at 10:00pm	Not Available
7	Ch. 3 Quiz	Quiz	11/02/14 at 10:59pm *PAST DUE*	From: 10/26/14 at 06:00am Until: 12/11/14 at 10:00pm	Not Available
8	Ch. 4 Assignment	Homework	11/02/14 at 10:59pm *PAST DUE*	From: 10/26/14 at 06:00am Until: 12/11/14 at 10:00pm	Not Available
9	Ch. 4 Quiz	Quiz	11/02/14 at 10:59pm *PAST DUE*	From: 10/26/14 at 06:00am Until: 12/11/14 at 10:00pm	Not Available
10	Ch. 5 Assignment	Homework	11/09/14 at 10:59pm *PAST DUE*	From: 11/03/14 at 06:00am Until: 12/11/14 at 10:00pm	Not Available
11	Ch. 5 Quiz	Quiz	11/09/14 at 10:59pm *PAST DUE*	From: 11/03/14 at 06:00am Until: 12/11/14 at 10:00pm	Not Available
12	Ch. 6 Assignment	Homework	11/09/14 at 10:59pm *PAST DUE*	From: 11/03/14 at 06:00am Until: 12/11/14 at 10:00pm	Not Available
13	Ch. 6 Quiz	Quiz	11/09/14 at 10:59pm *PAST DUE*	From: 11/03/14 at 06:00am Until: 12/11/14 at 10:00pm	Not Available

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Assignments

- [Introduction to MasteringHealth](#) 10/24/14
- [Ch. 1 Assignment](#) 10/26/14
- [Ch. 1 Quiz](#) 10/26/14
- [Ch. 2 Assignment](#) 10/26/14
- [Ch. 2 Quiz](#) 10/26/14
- [Ch. 3 Assignment](#) 11/02/14
- [Ch. 3 Quiz](#) 11/02/14
- [Ch. 4 Assignment](#) 11/02/14
- [Ch. 4 Quiz](#) 11/02/14
- [Ch. 5 Assignment](#) 11/09/14

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30 Ch. 12 Assign... Ch. 12 Quiz Ch. 13 Assign... Ch. 13 Quiz	1	2	3	4	5 Ch. 14 Assign... Ch. 14 Quiz Ch. 15 Quiz Ch.. 15 Assi..	6

Browser address bar: digitalvillum.next.college.com/postindexmixed.html?courseId=10434248#/menus/6000012449226/items/4619952

Page title: Health 111 Section OL2 - FA 2014

MasteringHealth™

Navigation menu: Course Home, Syllabus, Assignments, Scores, Course Tools, eText, Study Area, User Settings, Instructor Resources, Instructor Tools, Gradebook, Student IDs and Groups, Item Library

Course ID: tansil-gentry61244

PEARSON eText interface: Welcome Tara Tansil-Gentry, tansil-gentry61244, Print, Settings, Help, Sign Out

Table of Contents:

- Frontmatter
- Chapter 1: Changing Personal Behaviors for Optimal Wellness
- Chapter 2: Understanding Fitness Principles
- Chapter 3: Conditioning Your Cardiorespiratory System
- Chapter 4: Building Muscular Strength & Endurance
- Chapter 5: Maintaining Flexibility & Back Health
- Chapter 6: Understanding Body Composition
- Chapter 7: Improving Your Nutrition
- Chapter 8: Managing Your Weight
- Chapter 9: Managing Stress
- Chapter 10: Reducing Your Risk of Cardiovascular

Book cover image: GET FIT STAY WELL! THIRD EDITION. Features a man with a basketball, a woman with a clock, and a man kicking a soccer ball.

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Addressing Learning Styles: Guiding Students in Their Learning

Study Area

digitalvillum.next.college.com/postindexmixed.html?courseId=10434248#/menus/6000012449261/items/1000005204302

Apps Getting Started Suggested Sites The University o... Imported From ... Home Owner's I... Blackboard Learn A variety of stat... BlueCross BlueS... Other bookmarks

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Study Area for Hopson, Get Fit, Stay Well!, 3e - Google Chrome

wps.aw.com/bc_hopson_health_3_msa/241/61787/15817472.cw/index.html

GET FIT STAY WELL! THIRD EDITION
JANET L. HOPSON • REBECCA J. DONATELLE • TANYA R. LITRELL

Select Chapter: GO

Home
System Reqs
Tech Support

Welcome to the Study Area for Hopson, Get Fit, Stay Well!, 3rd edition.

To get started, [click here to enter the site.](#)

READ IT
Review the chapter objectives and access the latest health news headlines.

SEE IT
Watch videos of real students demonstrating strength training and flexibility exercises and clips from ABC News.

HEAR IT
Download audio case studies covering the "Think!/Act!" questions from your textbook, and listen to them on your iPod or any device that plays MP3 files.

DO IT
Put your new knowledge and learning to use by exploring web links and completing interactive labs from your textbook.

REVIEW IT
Practice your knowledge with interactive flashcards, practice quizzes, and glossary.

LIVE IT
Apply your learning to your life! Use the Live It toolkit to help jumpstart your behavior change project.

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2/25/2015

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Chapter 01: Changing Personal Behaviors for Optimal Wellness **GO**

STUDY AREA

Fitness Online

- Read It
- See It
- Hear It
- Do It
- Review It
- Live It
- eText

Fitness Online

ABC Videos



ABC News Video: Hunger at Home

See [more ABC Videos](#)

Featured Links

ACTIVATE, MOTIVATE & ADVANCE YOUR FITNESS


Use these customizable programs to plan and track your fitness with your mobile device via this QR code.



Labs [Need Help?](#)

- [LAB 1.1: Assess Yourself: How Well Are You?](#)
- [LAB 1.3: Plan for Change: Create a Behavior Change Contract](#)

Audio Case Studies



Carlos - Changing Personal Behaviors

Hear [more Audio Case Studies](#)

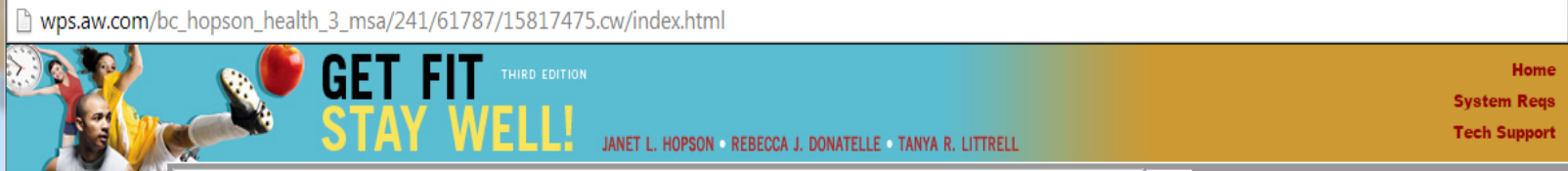
Your Behavior Change Project

[Use these worksheets](#) to track your daily exercise and nutritional intake, and create a personalized long-term nutrition and fitness program.

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Chapter 01: Changing Personal Behaviors for Optimal Wellness **GO**

STUDY AREA

- Fitness Online
- Read It**
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Home > 01: Changing Personal Behaviors for Optimal Wellness > Read It

Read It

Learning Outcomes

After studying this chapter, you should be able to:

- Identify your current place on the wellness continuum.
- Describe the dimensions of wellness and how they are interconnected.
- Explain the benefits of wellness for individuals and for society as a whole.
- Determine your stage in the behavior change process for one or more behaviors.
- List your fitness and wellness goals using the SMART goal-setting guidelines.
- Commit to fitness and wellness by filling in a behavior change contract.
- Learn and use strategies for keeping your behavior change on track.

ABC News: Health RSS Feed

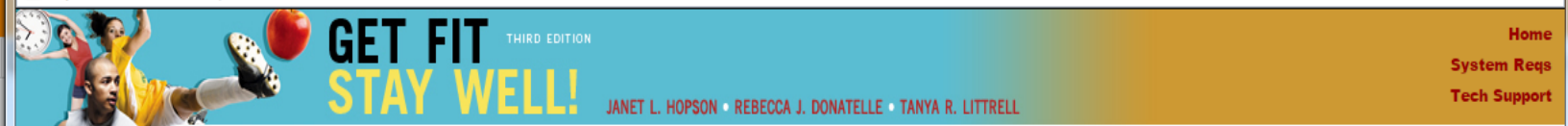
- [4 Wesleyan Students Arrested in MDMA Overdoses](#)
Article Posted: 02/25/2015
- [Women at Greater Risk for Fatal Heart Attacks](#)
Article Posted: 02/25/2015
- [Watch as Bionic Eye Lets Blind Man See Wife Again](#)
Article Posted: 02/25/2015
- [The Reason Same-Sex Couples May One Day Have Biological Kids](#)
Article Posted: 02/25/2015
- [Three Pregnant Dads: Meet the Men Wearing 'Empathv Bellies'](#)

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Chapter 01: Changing Personal Behaviors for Optimal Wellness **GO**

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Home > 01: Changing Personal Behaviors for Optimal Wellness > See It

See It

ABC Videos

Watch video segments from ABC News.

Exercise Videos

These videos demonstrate strength training and flexibility exercises with resistance bands, stability balls, and gym equipment.

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01: Changing Personal Behaviors for Optimal Wellness - Google Chrome

wps.aw.com/bc_hopson_health_3_msa/241/61787/15817475.cw/index.html



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Home System Reqs Tech Support

Chapter 01: Changing Personal Behaviors for Optimal Wellness

Home > 01: Changing Personal Behaviors for Optimal Wellness > Hear It

STUDY AREA

- Fitness Online**
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- See It
- Hear It
- Do It
- Review It
- Live It
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Hear It

- Audio/Visual Student Reviews**
Use these PowerPoint videos to support classroom lectures and enhance your self-study options.
- Audio Case Studies**
Address real world questions, situations, and problems using your knowledge of health.

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Chapter 01: Changing Personal Behaviors for Optimal Wellness **GO**

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Home > 01: Changing Personal Behaviors for Optimal Wellness > Do It

Do It

- Labs**
Use these interactive labs from the book as a guide through assessing your fitness and wellness levels, learning core skills, and developing behavior change plans.
- Pre-Course/Post-Course Assessment**
Use the Pre-Course/Post-Course Fitness Assessment to track the progress you have made in the course!
- Web Links**
Expand your knowledge by visiting these health-related websites.

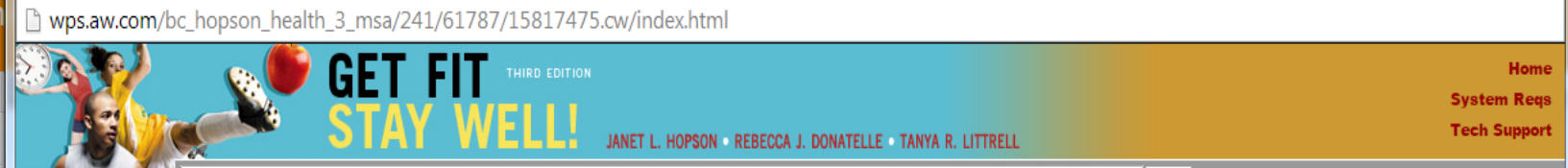
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Chapter 01: Changing Personal Behaviors for Optimal Wellness

STUDY AREA

Home > 01: Changing Personal Behaviors for Optimal Wellness > Review It

- Fitness Online**
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Review It

- Practice Quiz - Multiple-Choice**

Test your understanding of the main concepts in the chapter with the Multiple-Choice Practice Quiz.
- Practice Quiz - True/False**

Test your understanding of the main concepts in the chapter with the True/False Practice Quiz.
- Flashcards**

Use electronic flashcards to test your knowledge of key terms in each chapter or multiple chapters.
- Glossary**

Look up all the important terms in this book to learn their definitions.

Study Area x

digitalvillum.next.college.com/postindexmixed.html?courseId=10434248#/menus/6000012449261/items/1000005204302

Apps Getting Started Suggested Sites The University o... Imported From ... Home Owner's I... Blackboard Learn A variety of stat... BlueCross BlueS... Other bookmarks

01: Changing Personal Behaviors for Optimal Wellness - Google Chrome

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Chapter 01: Changing Personal Behaviors for Optimal Wellness **GO**

STUDY AREA

Live It

ACTIVATE, MOTIVATE & ADVANCE YOUR FITNESS

Use these sample fitness programs as a starting point for developing your own cardiorespiratory fitness routine. Scan the QR code with your mobile device to access the sample programs on the go!

If you have any trouble logging in or using the site from your mobile phone, please contact <http://247pearsoned.custhelp.com/>.

Journal Topics

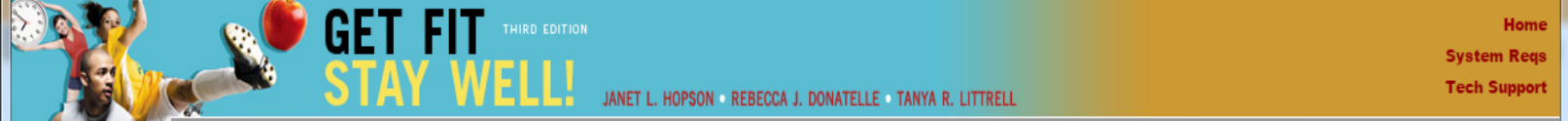
As you study health and wellness issues in your Fitness and Wellness class, you may find that you wish to explore your ideas and feelings on the topics further. These journal topics are a starting point for investigation into your health and healthy behavior. Your response to each topic can be emailed to your instructor or simply help you think more about these issues.

Your Behavior Change Project [Need Help?](#)

1. Assess Yourself	2. Plan Change	3. Implement Change	4. Evaluate Change
			
<ul style="list-style-type: none">Assess Yourself WorksheetsTake Charge of Your Health Worksheets	<ul style="list-style-type: none">Are You Ready?Set Goals, Timelines, and RewardsIdentify Obstacles and	<ul style="list-style-type: none">Goal LogGoal LogBehavior Change Journal	<ul style="list-style-type: none">Evaluate ChangeWeekly Behavior Change EvaluationReflections

Windows taskbar: 2:29 PM 2/25/2015

Effective Tools for Enhancing Instruction & Learning



FOR INSTRUCTORS

Home > Chapter 1

Instructor Home

Additional Resources

Instructor Home

Download instructor resources for this exercise from the links below. Download times will vary with the size of the files you are downloading and the speed of your internet connection.

PowerPoint Lectures

Chapter 1 PowerPoint Clickers	.zip	220 KB
Chapter 1 Powerpoint Quiz Show	.zip	173 KB
Chapter 1 PowerPoint Lecture	.zip	143.5 MB

Images and Tables

Chapter 1 Labeled JPEG Images	.zip	2.3 MB
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Videos and Animations

Chapter 1 ABC Videos	.zip	142.3 MB
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Chapter 1: Changing Personal Behaviors for Optimal Wellness Go

FOR INSTRUCTORS

Instructor Home

Additional Resources

Additional Resources

Download instructor resources for this exercise from the links below. Download times will vary with the size of the files you are downloading and the speed of your internet connection.

Test Bank		
Test Bank (MS Word format)	.zip	237 KB
TestGen Test Bank file	.zip	1.4 MB
<i>Compressed Test Bank .bok file for TestGen version 7.4. TestGen test software is required. Download TestGen here.</i>		
Student Supplements		
Take Charge of Your Health Worksheets	.zip	315 KB
Behavior Change Log and Wellness Journal	.zip	660 KB
Eat Right!	.zip	91.2 MB
Live Right!	.zip	224 MB
Food Composition Table	.zip	467 KB
Instructor Supplements		
Instructor Resource and Support Manual	.zip	121.3 MB
Great Ideas: Active Ways to Teach Health and Wellness	.zip	1.1 MB
Teaching with Web 2.0	.zip	308 KB
Teaching with Student Learning Outcomes	.zip	1.4 MB

Assessment

Health 111 Section OL2 - FA 2014



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Score Time Difficulty

Students per page: 25 [View Legend](#)

NAME	Intro..th	Ch. 1 ..nt	Ch. 1 Quiz	Ch. 2 ..nt	Ch. 2 Quiz	Ch. 3 ..nt	Ch. 3 Quiz	Ch. 4 ..nt	Ch. 4 Quiz	Ch. 5 ..nt	Ch. 5 Quiz	Ch. 6 ..nt	Ch	TOTAL
Essays	--	/	--	--	--	--	--	--	--	--	--	--		see all
Assigned Points	0	50	20	25	20	25	20	25	20	25	20	25		928
Class Average	2.3	43.2	16.4	23.6	19.1	23.8	17.5	24.1	16.9	24.2	17.5	21.0		832
[Redacted]	0.0	0.0	19.0	27.7	18.0	23.7	20.0	23.8	20.0	23.9	20.0	25.4		859
[Redacted]	0.0	30.0	18.0	27.8	20.9	25.0	20.0	25.0	20.0	25.0	20.0	25.9		903
[Redacted]	3.0	41.0	10.0	24.1	13.4	20.5	12.0	23.9	16.0	24.4	15.0	0.0		503
[Redacted]	3.0	49.3	18.0	27.6	20.9	25.0	19.0	24.7	20.0	25.0	19.0	25.9		909
[Redacted]	3.0	47.6	17.0	25.8	20.6	19.0	17.0	23.3	18.0	23.3	18.0	23.0		864
[Redacted]	0.0	50.0	18.0	26.4	20.4	25.0	16.0	24.3	13.0	24.5	17.0	20.8		840
[Redacted]	3.0	48.6	18.0	26.2	19.5	25.0	18.0	23.8	17.0	23.9	19.0	26.0		850
[Redacted]	3.0	46.0	14.0	24.4	19.5	25.0	17.0	24.7	18.0	25.0	19.0	25.9		847
[Redacted]	3.0	49.2	18.0	26.5	20.7	25.0	20.0	23.2	17.0	23.9	18.0	25.7		861
[Redacted]	3.0	49.3	15.0	12.3	19.6	25.0	14.0	23.9	13.0	22.5	10.0	0.0		753
[Redacted]	3.0	46.1	17.0	26.7	20.6	23.4	18.0	22.7	15.0	23.9	19.0	25.0		865
[Redacted]	3.0	48.4	18.0	25.0	20.5	25.0	17.0	25.0	17.0	24.4	14.0	22.0		851
[Redacted]	3.0	45.3	13.0	26.8	20.5	23.7	19.0	25.0	17.0	24.0	18.0	24.2		838

Health 111 Section OL2 - FA 2014 MasteringHealth™

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Assignment Grade for [REDACTED]

Ch. 1 Assignment
Due 10/26/14 at 10:59pm

Students will receive no credit for items they complete after the assignment is due. [Grading Policy](#)

TITLE	POINTS	SCORE %	FINISHED
LAB 1.1: Assess Yourself: How Well Are You?	10.00 / 10.00	100%	10/25/14 at 09:57pm
LAB 1.3: Plan for Change: Create a Behavior Change Contract	15.00 / 15.00	100%	10/26/14 at 06:56pm
ABC News Video: Women's Life Expectancy in Decline	3.00 / 3.00	100%	10/25/14 at 10:05pm
Video Tutor Quiz: Dimensions of Health	3.00 / 3.00	100%	10/25/14 at 10:07pm
Video Tutor Quiz: Improving Your Sleep	3.00 / 3.00	100%	10/25/14 at 10:11pm
ABC News Video: Hunger at Home	5.00 / 5.00	100%	10/25/14 at 10:22pm
ABC News Video: Money Mistakes College Grads Make	11.00 / 11.00	100%	10/25/14 at 10:30pm
TOTAL ASSIGNMENT GRADE	50.00 / 50.00	100%	

Adjust Settings for this Student

Exempt Student from this Assignment

Adjust Total Points by (+/-):
Points added to or subtracted from the calculated POINTS for the items above.

Extended Due Date/Time: **Availability to Student:** **From:** **Until:**

Original Due Date: 10/26/14 at 10:59pm Original Date: 10/19/14 at 06:00am Original Date: 12/11/14 at 10:00pm

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Item Work for [REDACTED] [Contact the Publisher](#)

Item: LAB 1.1: Assess Yourself: How Well Are You?
Assignment: Ch. 1 Assignment

COMPLETED: Score=100% (raw=100%, late penalty=0%) – Correct=2, Wrong=0, Hint Reqs=0, Solution Reqs=0, Rating=?
Started: 25 Oct 2014 8:04PM
Finished: 25 Oct 2014 9:57PM
Duration: 0h 6m 39s

LAB 1.1: Assess Yourself: How Well Are You?

Description: [[Bloom's Taxonomy: Application]] Students assess themselves and answer a reflection question.

The following Lab will provide you with an opportunity to assess your current behavior in a particular area of health.

1. You will need Adobe Reader to complete this assignment.
2. You can download Adobe Reader free of charge at <http://get.adobe.com/reader/>
3. Download and "save as" to your computer the following PDF of the Lab in Adobe Reader.

[Click here to download and then "save as" the Lab PDF.](#)

4. Don't forget to include your name in the file name when saving the PDF to your computer.
5. Complete the Lab (be sure to type your name and date at the top), consider the questions you answered and your results, and then return to Mastering to complete the reflection question(s) on the right.
6. Be sure to save your changes on the Lab PDF. You can then email it directly to your instructor, deliver it via digital drop box, or refer to it later for review.

LAB 1.1 ASSESS YOURSELF
HOW WELL ARE YOU?



Name: _____ Date: _____
Instructor: _____ Section: _____

Purpose: This lab will help you assess your current level of wellness in each of the six dimensions and identify which wellness areas to target for behavior change.

Creating an Assignment

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Assignments

Create an Assignment

Do you want to create or copy an assignment?

- Create a New Assignment
- Copy an Assignment from one of My Courses
- Copy a Pre-Built Assignment from the Publisher
- Copy a Dynamic Study Module into This Course ⓘ

[Cancel](#)

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Assignments

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Create/Edit Assignment: *Ch. 1 Example*

- 1 Start — 2 **Select Content** — 3 Organize Content — 4 Specify Outcomes — 5 Preview and Assign

Source

Book/Source: Hopson/Donatelle/Littrell, Get Fit, Stay Well, 3e

Chapter: Introduction to MasteringHealth

Display By: Section

Section: No Section Available

Item Filters and Answer Types

Select filters below to refine your search results. Apply Filters

Choosing across columns results in matches that meet both criteria, such as test bank items with the multiple choice answer type. To broaden your search, select multiple boxes within a column for items that meet either criteria.

Item Types	Answer Types
<input type="checkbox"/> Activities	<input type="checkbox"/> Labeling
<input type="checkbox"/> Coaching Activities	<input type="checkbox"/> Matching / Vocab
<input type="checkbox"/> Reading Questions	<input type="checkbox"/> Multiple Choice/Select
<input type="checkbox"/> Lab	<input type="checkbox"/> Ranking
<input type="checkbox"/> Test Bank	<input type="checkbox"/> Sorting
<input type="checkbox"/> My Items	

Selected Filters: (none)

Items

3 items found (To sort, click any column heading)

Create New Item Import Items

ASSIGN	ITEM TYPE	TITLE [Hide Descriptions]	TIME	DIFFICULTY (5=hardest)	USAGE STATISTICS (Roll over any colored segment)
<input type="checkbox"/>					

Measuring Learning Outcomes

Modify

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- Scores
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Learning Outcomes Summary

The list below contains learning outcomes specified for items assigned in this course. The initial order reflects the sequence of outcomes as they appear in assignments, but you can sort them by any column. [Learn more about using learning outcomes.](#)

Hide Provided Learning Outcomes

[Print](#) [Export](#)

#	LEARNING OUTCOMES	# OF ITEMS	% COMPLETE	% AVERAGE SCORE
1	Articulate the importance of each health-related component of fitness.	7	99.1	81.0
2	Demonstrate the ability to make connections between concepts across Fitness & Wellness.	2	96.9	81.6
3	Describe how much and the types of physical activity you should do for optimal health and wellness.	5	98.8	82.2
4	Describe the three primary levels of physical activity and their benefits.	4	100	81.3
5	Explain how following the fitness principles of overload, progression, specificity, reversibility, individuality, and recovery will increase your fitness program success.	3	95.8	82.8
6	Identify the role that the skill-related components of fitness play in overall physical fitness.	3	97.9	84.9
7	Identify your current place on the wellness continuum.	2	90.6	90.0
8	Commit to fitness and wellness by filling in a behavior change contract.	3	95.8	85.4
9	Incorporate general strategies for exercising safely.	3	95.8	84.0
10	Describe the dimensions of wellness and how they are interconnected.	8	96.9	84.0
11	Explain the benefits of wellness for individuals and for society as a whole.	11	98.9	78.9
12	Determine your stage in the behavior change process for one or more behaviors.	6	100	78.1
13	Learn and use strategies for keeping your behavior change on track.	6	100	63.5
14	Write out a wellness goal using the SMART goal-setting guidelines.	5	100	75.0
15	Individualize and implement strategies that will help you get started on your fitness and exercise goals.	7	100	71.3
16	Identify individual attributes that should be taken into account before beginning a fitness program.	2	96.9	77.5
17	Articulate the fitness and wellness improvements you can make with regular resistance training.	7	100	87.3
18	Assess your cardiorespiratory fitness level on a regular basis using a variety of methods.	4	98.4	85.5
19	Explain how cardiorespiratory fitness is a key component of your overall fitness and wellness. Identify the key structures of the cardiorespiratory system and state how they work together to provide oxygen to the body.	10	99.4	84.4
20	Explain how muscular strength and muscular endurance relate to life-long fitness and wellness.	5	98.8	82.3
21	Identify key skeletal muscle structures and explain how they work together to allow for basic muscle function.	6	99.0	86.3

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Learning Outcomes Summary

The list below contains learning outcomes specified for items assigned in this course. The initial order reflects the sequence of outcomes as they appear in assignments, but you can sort them by any column. [Learn more about using learning outcomes.](#)

Hide Provided Learning Outcomes [Print](#) [Export](#)

#	LEARNING OUTCOMES	# OF ITEMS	% COMPLETE	% AVERAGE SCORE																																
1	<input type="checkbox"/> Articulate the importance of each health-related component of fitness. <table border="1" style="width: 100%; margin-top: 5px;"> <thead> <tr> <th>ASSIGNMENTS</th> <th>ITEMS</th> <th>% COMPLETE</th> <th>% AVERAGE SCORE</th> </tr> </thead> <tbody> <tr> <td>Ch. 2 Assignment</td> <td>Coaching Activity – Introduction to Physical Fitness</td> <td>93.8</td> <td>73.3</td> </tr> <tr> <td>Ch. 2 Quiz</td> <td>Chapter 2 Reading Question 3</td> <td>100</td> <td>81.3</td> </tr> <tr> <td>Ch. 2 Quiz</td> <td>Chapter 2 Reading Question 5</td> <td>100</td> <td>75.0</td> </tr> <tr> <td>Ch. 2 Quiz</td> <td>Chapter 2 Reading Question 6</td> <td>100</td> <td>81.3</td> </tr> <tr> <td>Ch. 2 Quiz</td> <td>Chapter 2 Reading Question 11</td> <td>100</td> <td>81.3</td> </tr> <tr> <td>Ch. 2 Quiz</td> <td>Chapter 2 Reading Question 13</td> <td>100</td> <td>81.3</td> </tr> <tr> <td>Final Exam</td> <td>Chapter 2 Multiple-Choice Question 4</td> <td>100</td> <td>93.8</td> </tr> </tbody> </table>	ASSIGNMENTS	ITEMS	% COMPLETE	% AVERAGE SCORE	Ch. 2 Assignment	Coaching Activity – Introduction to Physical Fitness	93.8	73.3	Ch. 2 Quiz	Chapter 2 Reading Question 3	100	81.3	Ch. 2 Quiz	Chapter 2 Reading Question 5	100	75.0	Ch. 2 Quiz	Chapter 2 Reading Question 6	100	81.3	Ch. 2 Quiz	Chapter 2 Reading Question 11	100	81.3	Ch. 2 Quiz	Chapter 2 Reading Question 13	100	81.3	Final Exam	Chapter 2 Multiple-Choice Question 4	100	93.8	7	99.1	81.0
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Item ID	Description	Count	Score	Progress	Average Score																																																																
29	Observe safety precautions when resistance training.	1	100	<div style="width: 100%;"></div>	81.3																																																																
30	Incorporate strategies to avoid the risks associated with supplement use.	3	97.9	<div style="width: 97.9%;"></div>	83.1																																																																
31	Describe obstacles to a healthy diet during the college years and a few ways to overcome them.	3	100	<div style="width: 100%;"></div>	87.5																																																																
32	Discuss four effects of body weight on wellness.	6	99.0	<div style="width: 99.0%;"></div>	78.2																																																																
33	Discuss how body composition is related to lifelong fitness and wellness.	11	98.3	<div style="width: 98.3%;"></div>	89.7																																																																
34	Evaluate your BMI and body circumferences and relate your scores to your overall health status.	5	100	<div style="width: 100%;"></div>	92.4																																																																
35	Explain why obesity is both a worldwide trend and a serious concern in America.	4	100	<div style="width: 100%;"></div>	62.5																																																																
36	Identify the main nutrients in food and their roles in the body.	16	98.8	<div style="width: 98.8%;"></div>	87.6																																																																
<table border="1"> <thead> <tr> <th>ASSIGNMENTS</th> <th>ITEMS</th> <th>% COMPLETE</th> <th>% AVERAGE SCORE</th> </tr> </thead> <tbody> <tr> <td>Ch. 6 Assignment</td> <td>NutriTools: Build-A-Salad: Assessing Lipids in Foods: Case Study—Bob: Essentials</td> <td>87.5</td> <td><div style="width: 87.5%;"></div> 95.5</td> </tr> <tr> <td>Ch. 6 Quiz</td> <td>Chapter 7 Reading Question 1</td> <td>100</td> <td><div style="width: 100%;"></div> 87.5</td> </tr> <tr> <td>Ch. 6 Quiz</td> <td>Chapter 7 Reading Question 2</td> <td>100</td> <td><div style="width: 100%;"></div> 93.8</td> </tr> <tr> <td>Ch. 6 Quiz</td> <td>Chapter 7 Reading Question 3</td> <td>100</td> <td><div style="width: 100%;"></div> 87.5</td> </tr> <tr> <td>Ch. 6 Quiz</td> <td>Chapter 7 Reading Question 4</td> <td>100</td> <td><div style="width: 100%;"></div> 75.0</td> </tr> <tr> <td>Ch. 6 Quiz</td> <td>Chapter 7 Reading Question 5</td> <td>100</td> <td><div style="width: 100%;"></div> 87.5</td> </tr> <tr> <td>Ch. 6 Quiz</td> <td>Chapter 7 Reading Question 6</td> <td>100</td> <td><div style="width: 100%;"></div> 93.8</td> </tr> <tr> <td>Ch. 6 Quiz</td> <td>Chapter 7 Reading Question 7</td> <td>100</td> <td><div style="width: 100%;"></div> 93.8</td> </tr> <tr> <td>Ch. 6 Quiz</td> <td>Chapter 7 Reading Question 9</td> <td>100</td> <td><div style="width: 100%;"></div> 93.8</td> </tr> <tr> <td>Ch. 6 Quiz</td> <td>Chapter 7 Reading Question 12</td> <td>100</td> <td><div style="width: 100%;"></div> 81.3</td> </tr> <tr> <td>Ch. 6 Quiz</td> <td>Chapter 7 Reading Question 13</td> <td>100</td> <td><div style="width: 100%;"></div> 81.3</td> </tr> <tr> <td>Ch. 6 Quiz</td> <td>Chapter 7 Reading Question 17</td> <td>100</td> <td><div style="width: 100%;"></div> 68.8</td> </tr> <tr> <td>Ch. 6 Quiz</td> <td>Chapter 7 Reading Question 19</td> <td>100</td> <td><div style="width: 100%;"></div> 87.5</td> </tr> <tr> <td>Final Exam</td> <td>Chapter 7 Multiple-Choice Question 54</td> <td>100</td> <td><div style="width: 100%;"></div> 87.5</td> </tr> <tr> <td>Final Exam</td> <td>Chapter 7 Multiple-Choice Question 53</td> <td>100</td> <td><div style="width: 100%;"></div> 87.5</td> </tr> <tr> <td>Final Exam</td> <td>Chapter 7 Multiple-Choice Question 55</td> <td>93.8</td> <td><div style="width: 93.8%;"></div> 100</td> </tr> </tbody> </table>		ASSIGNMENTS	ITEMS	% COMPLETE	% AVERAGE SCORE	Ch. 6 Assignment	NutriTools: Build-A-Salad: Assessing Lipids in Foods: Case Study—Bob: Essentials	87.5	<div style="width: 87.5%;"></div> 95.5	Ch. 6 Quiz	Chapter 7 Reading Question 1	100	<div style="width: 100%;"></div> 87.5	Ch. 6 Quiz	Chapter 7 Reading Question 2	100	<div style="width: 100%;"></div> 93.8	Ch. 6 Quiz	Chapter 7 Reading Question 3	100	<div style="width: 100%;"></div> 87.5	Ch. 6 Quiz	Chapter 7 Reading Question 4	100	<div style="width: 100%;"></div> 75.0	Ch. 6 Quiz	Chapter 7 Reading Question 5	100	<div style="width: 100%;"></div> 87.5	Ch. 6 Quiz	Chapter 7 Reading Question 6	100	<div style="width: 100%;"></div> 93.8	Ch. 6 Quiz	Chapter 7 Reading Question 7	100	<div style="width: 100%;"></div> 93.8	Ch. 6 Quiz	Chapter 7 Reading Question 9	100	<div style="width: 100%;"></div> 93.8	Ch. 6 Quiz	Chapter 7 Reading Question 12	100	<div style="width: 100%;"></div> 81.3	Ch. 6 Quiz	Chapter 7 Reading Question 13	100	<div style="width: 100%;"></div> 81.3	Ch. 6 Quiz	Chapter 7 Reading Question 17	100	<div style="width: 100%;"></div> 68.8	Ch. 6 Quiz	Chapter 7 Reading Question 19	100	<div style="width: 100%;"></div> 87.5	Final Exam	Chapter 7 Multiple-Choice Question 54	100	<div style="width: 100%;"></div> 87.5	Final Exam	Chapter 7 Multiple-Choice Question 53	100	<div style="width: 100%;"></div> 87.5	Final Exam	Chapter 7 Multiple-Choice Question 55	93.8	<div style="width: 93.8%;"></div> 100
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37	Discuss the role of portion size, food labels, food groups, and whole foods in maintaining a balanced diet.	7	97.3	<div style="width: 97.3%;"></div>	84.2																																																																
38	List reasons why some diets work but most fail.	7	99.1	<div style="width: 99.1%;"></div>	89.0																																																																
39	Describe how the assessment of body size and shape differs from the assessment of body composition.	7	100	<div style="width: 100%;"></div>	87.3																																																																
40	Describe three major eating disorders.	4	100	<div style="width: 100%;"></div>	86.0																																																																
41	Set and continually reevaluate goals to reach your healthy body fat percentage.	6	100	<div style="width: 100%;"></div>	77.1																																																																

Course Home Syllabus Assignments Scores Course Tools eText Study Area User Settings Instructor Resources Instructor Tools Gradebook Student IDs and Groups Item Library

Windows Taskbar: Word, PowerPoint, Chrome, Firefox, Edge, Internet Explorer, File Explorer, Start Menu

System Tray: 8:37 PM, 3/11/2015

Pros

- Standard presentation of content
- Convenience of equal expectations from remote sites
- Variety of formats, methods of assessment, activities to guide student learning
- Ability to track learning outcomes
- Appealing to all learning styles

Cons

- Individual Instructor course design not possible
- Student cost; \$66 online access w/ebook versus \$130 university bookstore bundle (textbook w/access code)
- Possible hesitation of faculty to use technology

THANK YOU

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