Initial Report

Last Modified: 05/02/2012

2. Please click the answer (strongly disagree, disagree, neither agree nor disagree, agree, or strongly agree) that best fits the question or comment below.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| # | Question | Strongly Disagree | Disagree | Neither Agree nor Disagree | Agree | Strongly Agree | Responses | Mean |
| 1 | 1. I understand how society benefits from healthy citizens. | 5 | 2 | 9 | 68 | 41 | 125 | 4.10 |
| 2 | 2. My health and wellness course increased my ability to understand how society benefits from healthy citizens. | 6 | 3 | 7 | 74 | 36 | 126 | 4.04 |
| 3 | 3. I can demonstrate safe and effective physical activities and nutritional strategies and describe informed decisions/choices about other issues that may affect one’s health. | 6 | 1 | 6 | 66 | 48 | 127 | 4.17 |
| 4 | 4. My health and wellness course increased my ability to demonstrate safe and effective physical activities and nutritional strategies and describe informed decisions/choices about other issues that may affect one’s health. | 7 | 3 | 5 | 71 | 41 | 127 | 4.07 |
| 5 | 5. I can discuss the effect of lifestyle on physiological and cognitive functions, and psychological well being. | 6 | 2 | 11 | 67 | 41 | 127 | 4.06 |
| 6 | 6. My health and wellness course increased my ability to discuss the effect of lifestyle on physiological and cognitive functions, and psychological well being. | 6 | 5 | 12 | 64 | 39 | 126 | 3.99 |
| 7 | 7. I can describe values and behaviors that lead to a healthy lifestyle. | 6 | 1 | 5 | 66 | 49 | 127 | 4.19 |
| 8 | 8. My health and wellness course increased my ability to describe values and behaviors that lead to a healthy lifestyle. | 6 | 3 | 5 | 64 | 49 | 127 | 4.16 |

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| Statistic | 1. I understand how society benefits from healthy citizens. | 2. My health and wellness course increased my ability to understand how society benefits from healthy citizens. | 3. I can demonstrate safe and effective physical activities and nutritional strategies and describe informed decisions/choices about other issues that may affect one’s health. | 4. My health and wellness course increased my ability to demonstrate safe and effective physical activities and nutritional strategies and describe informed decisions/choices about other issues that may affect one’s health. | 5. I can discuss the effect of lifestyle on physiological and cognitive functions, and psychological well being. | 6. My health and wellness course increased my ability to discuss the effect of lifestyle on physiological and cognitive functions, and psychological well being. | 7. I can describe values and behaviors that lead to a healthy lifestyle. | 8. My health and wellness course increased my ability to describe values and behaviors that lead to a healthy lifestyle. |
| Min Value | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Max Value | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| Mean | 4.10 | 4.04 | 4.17 | 4.07 | 4.06 | 3.99 | 4.19 | 4.16 |
| Variance | 0.82 | 0.87 | 0.86 | 0.96 | 0.90 | 1.00 | 0.85 | 0.93 |
| Standard Deviation | 0.91 | 0.93 | 0.93 | 0.98 | 0.95 | 1.00 | 0.92 | 0.96 |
| Total Responses | 125 | 126 | 127 | 127 | 127 | 126 | 127 | 127 |