**Fitstop**

**Public**

**Name of Assessment Project:** Fitstop

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

<table>
<thead>
<tr>
<th>Role</th>
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<tbody>
<tr>
<td>Director of Health Education (Debbie Pino-Saballett)</td>
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<tr>
<td>Assistant Director of Health Education (Maria Fish)</td>
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</tbody>
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**Email Address:** mnfish@ucsd.edu

**Phone Number:** 25382

**Other Contacts:**

- **Providing Department:** Student Health Services
- **Other Units/Departments Involved in Assessment Project:**

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**Program, Service, or Event Related to Assessment Project**

FITstop is a collaborative program between Student Health Services and Recreation. This service is provided by the Student Health Advocates who are trained peer educators through the Health Education Department of Student Health Services. The assessment measures a student's level of fitness compared to others in their age group. Specific measurements include blood pressure, heart rate, body composition, flexibility, aerobic fitness level, core strength and muscular fitness.

- ![Fitstop Analysis Form](image)

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**Assessment Project Description**

The main purpose of this assessment was to assess student learning outcomes.

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**Unit/Program Specific Goals and Learning Outcomes**

By the end of this 20-minute assessment, participants will be able to:

- identify their aerobic fitness level
- identify their fitness level in the core strength category
- identify their fitness level in the muscular fitness category
- identify their fitness level in the flexibility category
- list at least 1 campus resource to support them in their well-being

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**Relationship to Student Affairs Learning Outcomes:**

Engage in a Healthy Lifestyle
Assessment Project Start: 10/8/2012
Assessment Project End: 6/30/2013

Population/Sample
Forty-one students who participated in Fitstop completed the evaluation.

Type of Assessment: Student learning outcomes and/or behavioral outcomes, Tracking usage

Other Assessment Type(s):

Assessment Methods: Observation, Surveys
Other Assessment Method(s):

Data Collection Tools
Hard copy surveys and observation.

Data Analysis Methods
Data was analyzed by Campus Labs.

Presentation of Findings
Results of this assessment were shared with the Health Education staff to improve the program. Results will also be shared with the Student Health Advocate Program Officer Board and the Health, Recreation, and Well-being Cluster.

Progress: 100%

Link Assessment Project in Campus Labs Baseline

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<th>Source Name</th>
<th>Project Name</th>
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Summary of Findings
Five student learning outcomes were assessed. After measuring each respondent’s fitness levels and explaining the results of their assessment:

- Respondents reported that they can now identify their fitness levels in four different categories:
Specific Fitness Level (n= 41):

<table>
<thead>
<tr>
<th>Fitness Level</th>
<th>Percent (%)</th>
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<tbody>
<tr>
<td>Core Strength</td>
<td>68%</td>
</tr>
<tr>
<td>Flexibility</td>
<td>68%</td>
</tr>
<tr>
<td>Cardiac Recovery</td>
<td>68%</td>
</tr>
<tr>
<td>Muscular Fitness</td>
<td>66%</td>
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- 79% of respondents were able to identify one on-campus resource that will help them with their fitness/nutritional goals.

Impact of Assessment

- Although the results show that more than 60% of students surveyed agreed that they could identify their fitness level in 4 different categories, we would like to increase that to 100%. One way we may help students identify their fitness level is while carefully explaining the results of the assessment, asking students if they understand the meaning of each fitness indicator before moving on to the next category.

Lessons Learned

One significant objective of Fitstop is to encourage behavior change resulting in healthier lifestyle choices. This assessment shows that Fitstop is helping to meet this goal. Seventy-eight percent of respondents agreed that they intend to change a behavior as a result of the outcome of their fitness test.

In the "comments" section of the assessment, students were grateful for this free service. Students reported that Fitstop was helpful in providing them with information to help them identify their fitness level. Students also reported that Fitstop helped increase their awareness of on-campus resources to support them in meeting their fitness/nutrition goals. Overall, the results show that this is an important service that makes a positive impact on students’ well-being.

Supplemental Information

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