Health and Exercise Science Learning Community NSSE Report, 2016 and 2019 Results

Table 1: HES Community Demographics

				Headcount	Female	Resident	Racially Minoritized	First Generation	Pell Recipient
NSSE		Health and Exercise Science	HES LC	28	50.0%	79%	14.3%	25.0%	21.4%
	2016		Other LC	19	84.2%	74%	21.1%	10.5%	26.3%
	2016		HES non-LC student	33	66.7%	67%	36.4%	33.3%	27.3%
Year		Health and Exercise Science	HES LC	29	79.3%	52%	24.1%	27.6%	13.8%
	2019		Other LC	14	71.4%	71%	64.3%	50.0%	42.9%
	2019		HES non-LC student	33	78.8%	73%	15.2%	27.3%	30.3%

Academic Challenge

Higher-Order Learning

Table 2: Coursework Emphasized Higher-Order Learning (% Quite a bit/Very Much)

			NSSE	Year		
		2016			20:	19
	HES Other HES non-LC		HES	Other	HES non-LC	
	LC	LC	student	LC	LC	student
Headcount	28	19	33	29	14	33
Higher-Order Learning Total Score	37.1	38.7	42.3	37.4	34.6	36.8
Coursework emphasized: Applying facts, theories, or methods to practical problems or new situations	63.0%	68.4%	76.7%	68.0%	57.1%	71.0%
Coursework emphasized: Analyzing an idea, experience, or line of reasoning in depth by examining its parts	73.1%	57.9%	79.3%	72.0%	71.4%	51.6%
Coursework emphasized: Evaluating a point of view, decision, or information source	63.0%	73.7%	76.7%	60.0%	64.3%	63.3%

	NSSE Year						
		2016			2019		
	HES	Other	HES non-LC	HES	Other	HES non-LC	
	LC	LC	student	LC	LC	student	
Coursework emphasized: Forming a new idea or understanding from various pieces of information	69.2%	63.2%	72.4%	64.0%	78.6%	56.7%	

Learning Strategies

Table 3: Use of Learning Strategies (% Often/Very Often)

			NSSE	Year			
		20	016	2019			
	HES LC	Other LC	HES non-LC student	HES LC	Other LC	HES non-LC student	
Headcount	28	19	33	29	14	33	
Learning Strategies Total Score	42.0	38.3	38.9	34.5	36.6	41.7	
Identified key information from reading assignments	85.2%	94.7%	72.4%	78.3%	78.6%	80.6%	
Reviewed your notes after class	85.2%	68.4%	82.8%	52.2%	71.4%	76.7%	
Summarized what you learned in class or from course materials	74.1%	57.9%	69.0%	56.5%	64.3%	80.0%	

Reflective and Integrative Learning

Table 4: % Often/Very Often Engagement in Reflective & Integrative Learning (% Often/Very Often)

			NSSE	Year		
		201	.6		201	.9
	HES	Other	HES non-LC	HES	Other	HES non-LC
	LC	LC	student	LC	LC	student
Headcount	28	19	33	29	14	33
Reflective and Integrative Learning Total Score	34.6	37.5	38.4	34.4	33.6	34.7
Combined ideas from different courses when completing assignments	66.7%	63.2%	80.0%	65.5%	50.0%	60.6%
Connected your learning to societal problems or issues	51.9%	57.9%	63.3%	51.7%	50.0%	53.1%
Included diverse perspectives (political, religious, racial/ethnic, gender, etc.) in course discussions or assignments	44.4%	68.4%	63.3%	44.8%	42.9%	57.6%
Examined the strengths and weaknesses of your own views on a topic or issue	63.0%	68.4%	66.7%	65.5%	57.1%	54.5%
Tried to better understand someone else	66.7%	73.7%	70.0%	64.3%	78.6%	63.6%
Learned something that changed the way you understand an issue or concept	66.7%	89.5%	83.3%	52.0%	78.6%	60.6%
Connected ideas from your courses to your prior experiences and knowledge	66.7%	84.2%	83.3%	80.8%	78.6%	84.8%

Quantitative Reasoning

Table 5: Quantitative Reasoning (% Often/Very Often)

			NSSE	Year		
		201	.6		201	9
	HES	Other	HES non-LC	HES	Other	HES non-LC
	LC	LC	student	LC	LC	student
Headcount	28	19	33	29	14	33
Quantitative Reasoning Total Score	31.4	32.9	34.7	29.0	21.4	26.2
Reached conclusions based on your own analysis of numerical information (numbers, graphs, statistics, etc.)	70.4%	68.4%	66.7%	43.5%	21.4%	40.0%
Used numerical information to examine a real-world problem or issue (unemployment, climate change, public health, etc.)	40.7%	47.4%	63.3%	39.1%	35.7%	38.7%
Evaluated what others have concluded from numerical information	40.7%	47.4%	56.7%	30.4%	28.6%	41.9%

Learning with Peers

Collaborative Learning

Table 6: Engagement in Collaborative Learning (% Often/Very Often)

	NSSE Year							
		20	16	2019				
	HES	HES Other HES non-LC		HES	Other	HES non-LC		
	LC	LC	student	LC	LC	student		
Headcount	28	19	33	29	14	33		
Collaborative Learning Total Score	38.8	38.2	39.2	40.9	33.6	34.1		
Asked another student to help you understand course material	77.8%	78.9%	78.1%	75.9%	64.3%	63.6%		
Explained course material to one or more students	84.0%	68.4%	83.9%	79.3%	64.3%	63.6%		
Prepared for exams by discussing or working through course material with other students	81.5%	68.4%	74.2%	82.8%	64.3%	60.6%		
Worked with other students on course projects or assignments	70.4%	57.9%	71.0%	65.5%	57.1%	45.5%		

Discussions with Diverse Others

Table 7: Discussions with Diverse Others (% Often/Very Often)

			NSSE	Year			
		20)16	2019			
	HES	Other	HES non-LC	HES	Other	HES non-LC	
	LC	LC	student	LC	LC	student	
Headcount	28	19	33	29	14	33	
Discussions with Diverse Others Total Score	38.5	43.9	39.3	36.7	38.9	40.5	
Had discussions with people of a race or ethnicity other than your own	70.4%	89.5%	63.3%	60.9%	92.9%	71.0%	
Had discussions with people from an economic background other than your own	70.4%	78.9%	70.0%	65.2%	78.6%	77.4%	
Had discussions with people with religious beliefs other than your own	63.0%	78.9%	63.3%	60.9%	78.6%	67.7%	
Had discussions with people with political views other than your own	70.4%	72.2%	80.0%	69.6%	78.6%	61.3%	

Experiences with Faculty

Student-Faculty Interaction

Table 8: Engagement with Faculty (% Often/Very Often)

			NSSE	Year			
		2016			2019		
	HES	HES Other HES non-LC		HES	Other	HES non-LC	
	LC	LC	student	LC	LC	student	
Headcount	28	19	33	29	14	33	
Student-Faculty Interaction Total Score	24.4	24.5	25.9	25.2	26.1	20.0	
Talked about career plans with a faculty member	44.4%	47.4%	43.3%	38.5%	50.0%	57.6%	
Worked with a faculty member on activities other than coursework (committees, student groups, etc.)	29.6%	10.5%	37.9%	26.9%	28.6%	12.1%	
Discussed course topics, ideas, or concepts with a faculty member outside of class	40.7%	36.8%	33.3%	20.0%	28.6%	18.7%	
Discussed your academic performance with a faculty member	29.6%	31.6%	41.4%	32.0%	42.9%	31.3%	

Effective Teaching Practices

Table 9: Instructor Use of Effective Teaching Practices (% Quite a bit/Very Much)

	NSSE Year							
		20	16	2019				
	HES	Other	HES non-LC	HES	Other	HES non-LC		
	LC	LC	student	LC	LC	student		
Headcount	28	19	33	29	14	33		
Effective Teaching Practices Total Score	39.6	37.9	39.9	35.0	39.7	36.8		
Instructors: Clearly explained course goals and requirements	88.9%	89.5%	80.0%	62.5%	78.6%	74.2%		
Instructors: Taught course sessions in an organized way	77.8%	73.7%	80.0%	62.5%	92.9%	83.9%		
Instructors: Used examples or illustrations to explain difficult points	85.2%	73.7%	83.3%	54.2%	85.7%	83.9%		
Instructors: Provided feedback on a draft or work in progress	66.7%	52.6%	62.1%	62.5%	92.9%	71.0%		
Instructors: Provided prompt and detailed feedback on tests or completed assignments	63.0%	52.6%	53.3%	60.9%	71.4%	58.1%		

High Impact Practices

Table 10: Engage in High Impact Practices (% Plan to do/Done or in Progress)

			NSSE	Year		
		201	16		.9	
	HES Other HES non-LC		HES non-LC	HES	Other	HES non-LC
	LC	LC	student	LC	LC	student
Headcount	28	19	33	29	14	33
Average number of high-impact practices for first-year students marked	1.0	1.4	.7	1.3	1.1	.5
Internship, co-op, field experience, student teaching, or clinical placement	85.2%	84.2%	89.7%	91.3%	85.7%	90.0%
Learning community or some other formal program where groups of students take two or more classes together	81.5%	84.2%	41.4%	82.6%	64.3%	36.7%
Study abroad program	48.1%	36.8%	62.1%	69.6%	50.0%	43.3%
Work with a faculty member on a research project	48.1%	61.1%	62.1%	52.2%	50.0%	30.0%
Culminating senior experience (capstone course, senior project or thesis, comprehensive exam, portfolio, etc.)	61.5%	78.9%	62.1%	73.9%	71.4%	53.3%
About how many of your courses at this institution have included a community-based project (service-learning)?	11.5%	10.5%	10.3%	13.0%	0.0%	0.0%

Table 11: Number of High-Impact Practices Completed

		NSSE Year							
			20	016		20	019		
		HES LC	Other LC	HES non-LC student	HES LC	Other LC	HES non-LC student		
	0	4	2	9	2	5	16		
	0	14.8%	10.5%	31.0%	8.7%	35.7%	53.3%		
	4	18	7	19	12	3	12		
Number of high-impact practices for first-year	1	66.7%	36.8%	65.5%	52.2%	21.4%	40.0%		
students marked	2	5	10	1	8	5	2		
	2	18.5%	52.6%	3.4%	34.8%	35.7%	6.7%		
	2	0	0	0	1	1	0		
	3	0.0%	0.0%	0.0%	4.3%	7.1%	0.0%		
Completed 1 or more HIP			89.5%	69.0%	91.3%	64.3%	46.7%		

Campus Environment

Quality of Interactions

Table 12: Quality of Interactions (% Good, Very Good, Excellent)

	NSSE Year						
		2016			2019		
	HES LC	HES LC Other LC HES non-LC student H		HES LC	Other LC	HES non-LC student	
Headcount	28	19	33	29	14	33	
Quality of Interactions Total Score	44.5	44.9	45.1	44.1	45.2	44.3	
Quality of interactions with students	92.6%	89.5%	100.0%	87.0%	71.4%	93.1%	
Quality of interactions with academic advisors	83.3%	50.0%	100.0%	80.0%	100.0%	80.0%	
Quality of interactions with faculty	74.1%	72.2%	72.4%	69.6%	85.7%	67.9%	
Quality of interactions with student services staff	69.2%	73.7%	75.0%	77.3%	76.9%	63.0%	
Quality of interactions with other administrative staff and offices	68.0%	72.2%	66.7%	60.9%	72.7%	65.4%	

Supportive Environment

Table 13: How much does your institution emphasize: (% Quite a bit/Very Much)

	NSSE Year						
	2016			2019			
	HES	Other	HES non-LC	HES	Other	HES non-LC	
	LC	LC	student	LC	LC	student	
Headcount	28	19	33	29	14	33	
Supportive Environment Total Score	45.5	40.3	39.4	35.8	39.4	39.8	
Institutional emphasis: Providing support to help students succeed academically	96.3%	73.7%	88.9%	69.6%	92.9%	80.0%	
Institutional emphasis: Using learning support services (tutoring services, writing center, etc.)	88.9%	73.7%	71.4%	72.7%	92.9%	90.0%	
Institutional emphasis: Encouraging contact among students from different backgrounds (social, racial/ethnic, religious, etc.)	81.5%	68.4%	57.1%	43.5%	57.1%	66.7%	
Institutional emphasis: Providing opportunities to be involved socially	88.9%	89.5%	78.6%	78.3%	71.4%	83.3%	
Institutional emphasis: Providing support for your overall well-being (recreation, health care, counseling, etc.)	92.6%	84.2%	81.5%	78.3%	78.6%	86.7%	
Institutional emphasis: Helping you manage your non-academic responsibilities (work, family, etc.)	77.8%	52.6%	57.1%	43.5%	35.7%	56.7%	
Institutional emphasis: Attending campus activities and events (performing arts, athletic events, etc.)	85.2%	73.7%	67.9%	56.5%	71.4%	73.3%	
Institutional emphasis: Attending events that address important social, economic, or political issues	61.5%	78.9%	42.9%	30.4%	71.4%	56.7%	

Student Satisfaction

Table 14: Overall Satisfaction

	NSSE Year					
	2016				20:	19
	HES LC	Other	HES non-LC	HES	Other	HES non-LC
		LC	student	LC	LC	student
Headcount	28	19	33	29	14	33
How would you evaluate your entire educational experience at this institution?	100.0%	89.5%	96.3%	95.7%	100.0%	89.7%
If you could start over again, would you go to the SAME INSTITUTION you are now attending?	3.4%	3.5%	3.6%	3.3%	3.5%	3.3%

First Year Experiences

Table 15: During the current school year, about how often have you done the following? (% Quite a bit/Very Much)

	HES LC	Other LC	HES non-LC student
Headcount	57	33	66
Coursework engagement total score	2.7	2.8	2.8
Studied when there were other interesting things to do	62.5%	71.4%	67.9%
Found additional information for course assignments when you didn	52.2%	78.6%	75.0%
Participated in course discussions, even when you didn't feel like it	26.1%	50.0%	50.0%
Asked instructors for help when you struggled with course assignments	39.1%	57.1%	46.4%
Finished something you had started when you encountered challenges	73.9%	85.7%	85.7%
Stayed positive, even when you did poorly on a test or assignment	69.6%	71.4%	67.9%

Table 16: During the current school year, how difficult have the following been for you? (% Quite a bit/Very Much)

	HES LC	Other LC	HES non-LC student
Headcount	57	33	66
Difficulty total score	3.2	3.0	3.4
How difficult: Learning course material	52.2%	21.4%	50.0%
How difficult: Managing your time	60.9%	28.6%	75.0%
How difficult: Getting help with school work	30.4%	21.4%	39.3%
How difficult: Interacting with faculty	34.8%	21.4%	39.3%

Table 17: During the current school year, about how often have you sought help with coursework? (% Quite a bit/Very Much)

	HES LC	Other LC	HES non-LC student
Headcount	57	33	66
Help-seeking total score	2.1	2.1	2.1
Sought help from: Faculty members	17.4%	42.9%	10.7%
Sought help from: Learning support services (tutoring, writing center, success coaching, etc.)	17.4%	21.4%	21.4%
Sought help from: Friends or other students	87.0%	64.3%	78.6%
Sought help from: Family members	17.4%	21.4%	35.7%
Sought help from: Other persons or offices	4.5%	14.3%	17.9%

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Table 18: During the current school year, have you seriously considered leaving this institution?

	HES LC	Other LC	HES non-LC student
Headcount	57	33	66
During the current school year, have you seriously considered leaving this institution?	34.8%	14.3%	28.6%

Table 19: If yes, why did you consider leaving? (Select all that apply)

	HES LC	Other LC	HES non-LC student
Headcount	57	33	66
Considered leaving: Academics are too difficult	12.5%	0.0%	12.5%
Considered leaving: Academics are too easy	0.0%	0.0%	0.0%
Considered leaving: Other academic issues (major not offered, course availability, advising, credit transfer, etc.)	37.5%	0.0%	37.5%
Considered leaving: Financial concerns (costs or financial aid)	37.5%	50.0%	50.0%
Considered leaving: To change your career options (transfer to another school or program, military service, etc.)	37.5%	0.0%	0.0%
Considered leaving: Difficulty managing demands of school and work	12.5%	0.0%	25.0%
Considered leaving: Too much emphasis on partying	12.5%	0.0%	0.0%
Considered leaving: Not enough opportunities to socialize and have fun	0.0%	0.0%	0.0%
Considered leaving: Relations with faculty and staff	0.0%	0.0%	0.0%
Considered leaving: Relations with other students	25.0%	0.0%	0.0%
Considered leaving: Campus climate, location, or culture	25.0%	50.0%	12.5%
Considered leaving: Unsafe or hostile environment	0.0%	0.0%	0.0%
Considered leaving: Personal reasons (family issues, physical or mental health, homesickness, stress, etc.)	62.5%	0.0%	50.0%
Considered leaving: A reason not listed above, please specify:	12.5%	0.0%	0.0%

Table 20: How important is it to you that you graduate from this institution? (Somewhat important, important, very important)

	HES LC	Other LC	HES non-LC student
Headcount	57	33	66
How important is it to you that you graduate from THIS INSTITUTION?	82.6%	85.7%	96.4%

Inclusiveness and Engagement with Cultural Diversity

Table 21: During the current school year, how much has your coursework emphasized the following? (% Quite a bit/Very Much)

	HES LC	Other LC	HES non-LC student
Headcount	57	33	66
Coursework emphasis total score	2.4	2.3	2.3
Coursework emphasis: Developing the skills necessary to work effectively with people from various backgrounds	34.8%	50.0%	51.9%
Coursework emphasis: Recognizing your own cultural norms and biases	34.8%	50.0%	42.9%
Coursework emphasis: Sharing your own perspectives and experiences	40.9%	50.0%	57.1%
Coursework emphasis: Exploring your own background through projects, assignments, or programs	30.4%	35.7%	25.0%
Coursework emphasis: Learning about other cultures	26.1%	42.9%	28.6%
Coursework emphasis: Discussing issues of equity or privilege	26.1%	50.0%	39.3%
Coursework emphasis: Respecting the expression of diverse ideas	39.1%	64.3%	64.3%

Table 22: How much does your institution emphasize the following? (% Quite a bit/Very Much)

	HES	Other	HES non-LC
	LC	LC	student
Headcount	57	33	66
Institutional emphasis total score	2.9	2.9	3.2
Institutional emphasis: Demonstrating a commitment to diversity	73.9%	85.7%	89.3%
Institutional emphasis: Providing students with the resources needed for success in a multicultural world	60.9%	69.2%	75.0%
Institutional emphasis: Creating an overall sense of community among students	65.2%	85.7%	85.7%
Institutional emphasis: Ensuring that you are not stigmatized because of your identity (racial/ethnic, gender, religious affiliation, sexual orientation, etc.)	65.2%	71.4%	85.7%
Institutional emphasis: Providing information about anti-discrimination and harassment policies	60.9%	85.7%	75.0%
Institutional emphasis: Taking allegations of discrimination or harassment seriously	73.9%	85.7%	89.3%
Institutional emphasis: Helping students develop the skills to confront discrimination and harassment	56.5%	57.1%	75.0%

Table 23: How much does your institution provide a supportive environment for the following forms of diversity? (% Quite a bit/Very Much)

	HES LC	Other LC	HES non-LC student
Headcount	57	33	66
Supportive environment total score	2.8	2.8	3.1

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	HES LC	Other LC	HES non-LC student
Supportive environment: Racial/ethnic identity	69.6%	78.6%	92.9%
Supportive environment: Gender identity	73.9%	92.9%	92.9%
Supportive environment: Economic background	47.8%	42.9%	71.4%
Supportive environment: Political affiliation	39.1%	42.9%	67.9%
Supportive environment: Religious affiliation	47.8%	57.1%	67.9%
Supportive environment: Sexual orientation	73.9%	92.9%	89.3%
Supportive environment: Disability status	56.5%	64.3%	75.0%

Table 24: To what extent do you agree or disagree with the following statements? (% Agree/Strongly Agree)

	HES LC	Other LC	HES non-LC student
Headcount	57	33	66
Belongingness total score	3.2	3.1	3.2
Agree/Disagree: I feel comfortable being myself at this institution.	91.3%	92.9%	96.4%
Agree/Disagree: I feel valued by this institution.	78.3%	71.4%	96.4%
Agree/Disagree: I feel like part of the community at this institution.	78.3%	85.7%	89.3%

Table 25: During the current school year, about how often have you done the following? (% Often/Very Often)

	HES	Other	HES non-LC
	LC	LC	student
Headcount	57	33	66
Diversity participation total score	1.7	1.8	1.7
Attended events, activities, or presentations that reflect an appreciation for diverse groups of people	26.1%	21.4%	46.4%
Participated in the activities of centers related to specific groups (racial-ethnic, cultural, religious, gender, LGBT, etc.)	21.7%	21.4%	28.6%
Participated in a diversity-related club or organization	8.7%	28.6%	7.1%
Participated in a demonstration for a diversity-related cause (rally, protest, etc.)	4.5%	0.0%	7.4%
Reflected on your cultural identity	17.4%	35.7%	14.3%