

CENTRAL NEW MEXICO COMMUNITY COLLEGE
ASSESSMENT REPORT
Due to SAAC by October 15

PART 1: CONTACT & PROGRAM IDENTIFICATION

Report Year and Contact Information:			
<u>2013 – 2014</u>	<u>Lisa Gurule</u>	<u>lisagurule@cnm.edu</u>	<u>224-4000 x 50229</u>
Academic Year	Contact Person	Email	Phone Number

Subject of this Assessment Report:		
Program: <u>Nutrition degree</u> <input type="checkbox"/> Certificate <input type="checkbox"/> AA <input checked="" type="checkbox"/> AS <input type="checkbox"/> AAS	Gen Ed Area: _____ Applicable to: <input type="checkbox"/> AA/AS <input type="checkbox"/> AAS	Discipline Area: _____

PART 2: EVIDENCE OF ACHIEVEMENT OF PROGRAM OUTCOMES

Summary of Program Success in Achieving Desired Outcomes:
Students achieved the goal of 70% for outcomes #1 (73.39%) and #3 (72.93). Students did not achieve the goal for outcome #8 (67.54%) Beginning Fall 2014, we are incorporating online adaptive learning in all sections. We will continue to assess outcome #8 for the academic year 2014-2015 to see if student scores improve for this outcome.

Description and Evaluation of Recent Changes Made in Support of Student Learning:
No changes were made.

PART 3: REPORT ON RECENT ASSESSMENT OF STUDENT LEARNING PROCESSES

Learning Outcome(s)/Exit Competencies Assessed: <i>To add rows: right-click in cell below and select "Insert," "Insert Rows Above"</i>	Classes/Cohorts Assessed:
#1 - Recognize, apply and critically analyze and evaluate concepts related to the science of nutrition.	NUTR 2110
#3 - Demonstrate an understanding of the role of food and lifestyle choices and their	NUTR 2110

relationship to health status.	
#8 - Demonstrate skills in critical thinking and problem solving.	NUTR 2110

Measurement Tool(s) Used:	Enter X's for type of tool				Initial Achievement Target or Expectation:
	Internal	External	Direct	Indirect	
<i>To add rows: right-click in cell below and select "Insert," "Insert Rows Above"</i>					
Common exam questions	x		x		Our goal is for 70% of students to answer exam questions correctly.

Assessment Results/Findings:	
Exam questions:	
Outcome	
1	1. A nutrient needed by the body and that must be supplied by foods is termed a(n) a. nutraceutical. b. metabolic unit. c. organic nutrient. d. essential nutrient.
1	2. Which of the following is an example of a micronutrient? a. Fat b. Protein c. Vitamin C d. Carbohydrate
1	3. Recommended Dietary Allowances may be used to a. measure nutrient balance of population groups. b. assess dietary nutrient adequacy for individuals. c. treat persons with diet-related illnesses. d. calculate exact food requirements for most individuals.
8	4. Bob consumes about 2500 kcalories per day, which is apportioned as 150 g of fat, 140 g of carbohydrate, and 150 g of protein. What would be the appropriate revisions to help Bob adjust his nutrient intake so that it matches the Acceptable Macronutrient Distribution Ranges? a. 70 g fat, 156 g protein, 313 g carbohydrate b. 140 g fat, 150 g protein, 150 g carbohydrate c. 500 g fat, 750 g protein, 1250 g carbohydrate d. 10 g fat, 20 g protein, 45 g carbohydrate

3	<p>5. Which of the following is a typical response of the body to changes in blood glucose?</p> <ol style="list-style-type: none"> Blood glucose levels that fall too low signal the release of insulin Blood glucose levels that fall too low signal the release of glucagon Blood glucose levels that rise too high signal the release of glycogen Blood glucose levels that rise too high signal the release of epinephrine
1	<p>6. Which of the following is not a rich source of dietary starch?</p> <ol style="list-style-type: none"> Grains Fruits Tubers Legumes
8	<p>7. Which of the following is a characteristic of carbohydrates information on food labels?</p> <ol style="list-style-type: none"> The "Sugars" amount includes only added sugars The amount of starch is listed as a separate category The "Total Carbohydrate" amount includes starch, sugars, and fiber The "Total Carbohydrate" amount includes starch and sugars but not fiber
1, 8	<p>8. Which one of the following compounds is missing 4 or more hydrogen atoms?</p> <ol style="list-style-type: none"> Monounsaturated fatty acid Polyunsaturated fatty acid Long-chain saturated fatty acid Short-chain saturated fatty acid
1, 3	<p>9. Which of the following is a factor that determines the hardness of a fat at a given temperature?</p> <ol style="list-style-type: none"> Origin of the fat Degree of saturation Number of acid groups Number of oxygen atoms
1, 3	<p>10. Which of the following structural features of fatty acids determines their susceptibility to spoilage by oxygen?</p> <ol style="list-style-type: none"> Chain length Number of double bonds Position of first saturated bond Size of adjacent fatty acids on the triglyceride molecule
1	<p>11. Which of the following substances CANNOT be absorbed directly into the blood?</p> <ol style="list-style-type: none"> Glycerol Long-chain fatty acids Short-chain fatty acids Medium-chain fatty acids
1, 3, 8	<p>12. Your aunt Maria has a family history of heart disease. She decides to begin eating a bowl of oatmeal every morning to help lower her blood cholesterol. After about a month of following this routine, her cholesterol declined about 5 points. Which of the following is the most likely explanation for this effect?</p> <ol style="list-style-type: none"> Oatmeal is a low-fat food and inhibits the body's synthesis of cholesterol

	<ul style="list-style-type: none"> b. Oatmeal is high in complex fibers that inhibit cholesterol-synthesizing enzymes c. Oatmeal consumed on a regular basis suppresses the craving for high-cholesterol foods d. Oatmeal is high in soluble fibers that trap bile, causing the body to use more cholesterol for bile replacement
1	<p>13. Which of the following is an example of a catabolic reaction?</p> <ul style="list-style-type: none"> a. Glucose formation from glycerol b. Pyruvate formation from glucose c. Albumin formation from amino acids d. Palmitic acid formation from acetate
1	<p>14. Which of the following metabolic reactions occurs when a cell uses energy?</p> <ul style="list-style-type: none"> a. ATP gains a phosphate group and becomes ADP b. ADP gains a phosphate group and becomes ATP c. ATP releases a phosphate group and becomes ADP d. ADP releases a phosphate group and becomes ATP
1	<p>15. Which of the following leads to the production of urea?</p> <ul style="list-style-type: none"> a. Oxidation of glucose b. Oxidation of amino acids c. Incomplete oxidation of fatty acids d. Synthesis of protein from amino acids
3, 8	<p>16. To lower a high blood cholesterol level, all of the following are recommended EXCEPT</p> <ul style="list-style-type: none"> a. consume 2 servings/week of fish. b. consume 300 mg or less of cholesterol per day. c. lower the saturated fat intake to <7% total energy. d. decrease the carbohydrate intake to <50% of total energy.
3	<p>17. Which of the following is NOT among the recommendations by health professionals to treat hypertension?</p> <ul style="list-style-type: none"> a. Increase fiber physical activity b. Reduce salt/sodium in the diet c. If overweight, reduce weight d. Decrease intake of dairy products to avoid sodium
3, 8	<p>18. Which of the following is the best evidence that environment must play a role in obesity?</p> <ul style="list-style-type: none"> a. The rate of obesity has been rising while the gene pool has remained relatively constant b. The recognition that identical twins reared apart have body weights similar to their biological parents c. The development of precise body composition methodologies that define adipose storage sites based on gender d. The discovery of uncoupling proteins that explain the variations in energy metabolism among lean and overweight people

8	<p>19. Which of the following does NOT describe the behavior of fat cells?</p> <ul style="list-style-type: none"> a. The number decreases when fat is lost from the body b. The size is larger in obese people than in normal-weight people c. The storage capacity for fat depends on both cell number and cell size d. The number increases most rapidly in late childhood and early puberty
1	<p>20. Which of the following is a feature of the Daily Values found on food labels?</p> <ul style="list-style-type: none"> a. They are updated every two years as mandated by the USDA b. They are expressed on a “per 1000-kcalorie intake” basis c. They assist people in determining whether a food contains a little or a lot of a nutrient d. They cannot be used by a person who consumes 3000 kcals per day

Analysis and Interpretation of Assessment Results/Findings:

Students continue to achieve the goal of 70% for outcomes 1 and 3, but did not for outcome 8 although achievement results for the previous academic year were 80% for this outcome.

Action Plan in Support of Student Learning:

Beginning Fall 2014, we are incorporating online adaptive learning in all sections. We will continue to assess outcome #8 for the academic year 2014-2015 to see if student scores improve for this outcome.

Recommendations, Proposals, and/or Funding Requests:

NA

PART 4: EMBEDDED OUTCOMES

Critical Thinking and Life Skills/Teamwork Development within Programs:

- a) Please describe how Critical Thinking assessment is embedded within your program assessment.
- b) Please describe how Life Skills/Teamwork assessment is embedded within your program assessment.

a) Critical thinking skills are being addressed with Learning Outcome #8. Data for this outcome is presented above.

b) Students are required to work in groups on various projects. Additionally, attendance/tardiness is monitored.

PART 5: ASSESSMENT CYCLE PLAN (Copy and paste from original plan if unchanged)

Cycle Years:	Plan Description:
2012 - 2017	For outcome #8, we will continue to monitor for one additional year to see if scores improve with the use of online adaptive learning. Cycle plan modifications are highlighted below.

Student Learning Outcomes/Exit Competencies:	When Measured:	Where Measured:	How Measured:
1. Recognize, apply and critically analyze and evaluate concepts related to the science of nutrition.	Fall 2012 – Spring 2014	NUTR 2110	Direct measurement by instructors using the Dietary Analysis Project scored by a common rubric and/or common questions on exam
2. Demonstrate ability to locate, interpret, and evaluate professional literature.	Fall 2014 – Spring 2016	NUTR 2110	Common questions on exam
3. Demonstrate an understanding of the role of food and lifestyle choices and their relationship to health status.	Fall 2012 – Spring 2016	NUTR 2110	Direct measurement by instructors using the Dietary Analysis Project scored by a common rubric and/or common questions on exam
4. Identify and use mathematical methods to calculate nutrient needs.	Fall 2014 – Spring 2016	NUTR 2110	Common questions on exam or student activity
5. Demonstrate mastery of information literacy and the ability to recognize and use appropriate technologies.	Fall 2016 – Spring 2017	NUTR 2110	Direct measurement by instructors using the Dietary Analysis Project scored by a common rubric and/or common questions on exam
6. Demonstrate effective communication.	Fall 2016 – Spring 2017	NUTR 2110	Direct measurement by instructors using the Dietary Analysis Project scored by a common rubric and/or common questions on exam
7. Identify cultural, behavioral, and social influences on food choices.	Fall 2014 – Spring 2016	NUTR 2110	Common questions on exam
8. Demonstrate skills in critical thinking and problem solving.	Fall 2012 – Spring 2015	NUTR 2110	Common questions on exam