Using Skill Based Learning to Improve Student Performance

Track: School Health: Teaching & Learning Core belief: 4

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ABSTRACT
An interactive, skill based learning curricular component will be examined. The learning activities involve a series of health screenings and assessments administered by Junior/Senior students to Freshmen/Sophomore students. Assessments include Body Mass Index, percent body fat, blood pressure, and resting heart rate. Likert-type survey questions aimed at measuring exercise and nutrition self-efficacy, as well as motivation to be physically active will be included. Screenings will take place at the beginning and at the end of the semester. Data will be coded in a way that allows the researchers to look for differences between pre and post-test findings. Skill based learning has been shown to develop independence and self-efficacy. It is believed that students with higher levels of health related self-efficacy are more likely to engage in health-enhancing behaviors.

INTRODUCTION
Research suggests that students learn and retain formation at higher rates when they are actively involved in the process.

- Skill based learning has been shown to develop independence and self-efficacy.
- It is believed that students with higher levels of health related self-efficacy are more likely to engage in health-enhancing behaviors.

PURPOSE
- An interactive, skill based learning curricular component will be examined and determinations on how the activity can be used to strengthen program assessment will be conducted.
- Opportunities to apply key concepts and incorporate similar activities into other health education programs will be addressed.

METHODS
- A series of health screenings and assessments administered by Junior/Senior students to Freshmen/Sophomore students will be conducted.
  - Assessments include Body Mass Index, percent body fat, blood pressure, and resting heart rate.
  - In addition, Likert-type survey questions aimed at measuring exercise and nutrition self-efficacy, as well as motivation to be physically active will be administered.
  - Screenings will take place at the beginning and at the end of the semester.
  - Data will be coded in a way that allows the researchers to look for differences between pre and post-test findings.

LEARNING OBJECTIVES
The evaluation of this interactive, skill-based learning component could help health educators in high school and higher education settings examine ways to effectively teach students in a manner beneficial to the students, the teacher, and the administration.
- Health educators could learn how they might integrate similar activities into their health education programming.

SUMMARY
- Objective 1: Discuss the benefits of utilizing students as both teachers and learners.
- Objective 2: Evaluate the benefits of the skill based learning activity.
- Objective 3: Apply key concepts to other learning activities related to health enhancing behaviors.