

Co-Curricular Assessment Report: HLC visit on November 17-18, 2025

Email a completed copy to your supervisor and to stephjim@dinecollege.edu

Section 1

Director will complete the contact and program information.

Higher Learning Commission (HLC) Definition:	The Higher Learning Commission defines Co-Curricular activities as "learning activities, programs and experiences that reinforce the institution's mission and values and complement the formal curriculum." Specifically, however, they rely on institutions to "determine for themselves, based on their mission, what they deem to be co-curricular, as an essential part of, or partner to, their curricular activities (as opposed to "extra-" curricular)."
Department:	Student Engagement and Student Leadership
Program:	ATHLETICS
Supervisor:	Reeverson Descheny
Name/s (Please include all persons completing this report)	Brandon Begaye Kayeona Teller
Timeline of Report	Fall 2024-Summer 2025
Dine' College Strategic Goal (s):	<ul style="list-style-type: none">#2 Accessibility – C. Student Outcomes: <i>Expand our investment for student success by creating and promoting equitable services and campus resources to institutional departments.</i>
Grant Goal (if any)	
Departmental Mission	The Student Engagement and Leadership Unit provides intellectual, social, and co-curricular activities for students through inclusive interaction and leadership in diverse organizations and programs.

Section 2

Supervisor/Manager will identify all Program Goal (s) and Program Student Learning Outcome (PSLO)

Goal 1:	To Discuss and Promote Fundamental Nutrition Information. (Thinking)			
PSLO:	<div>✓ What specific knowledge, skill, or ability should the student gain by completing the program?</div> <div>✓ How will the student demonstrate that they have acquired this knowledge, skill, or ability?</div> <div>✓ Select your action verb using Blooms Taxonomy:<div><div>1. REMEMBER: Recall facts and basic concepts: define, memorize, repeat, state, list, quote, find</div><div>2. UNDERSTAND: Explain ideas or concepts: summarize, compare, describe, explain, discuss, recognize, report, translate, categorize.</div><div>3. APPLY: Use Information in new situations: execute, implement, solve, demonstrate, interpret, operate, schedule, sketch.</div><div>4. ANALYZE: Draw connections among ideas: differentiate, organize, relate, compare, contrast, distinguish, examine, experiment, question, test.</div><div>5. EVALUATE: Justify a stand or decision: defend, declare, judge, select, support, value, critique</div><div>6. CREATE: Produce new or original work: Design, assemble, construct, develop, formulate or investigate</div></div></div> <div>PSLO:<div><div>• The student will be able to analyze the types of daily nutrients eaten during meals.</div><div>• The student will be able to remember and create several combinations of smoothie and healthy alternative options.</div><div>• The student will be able to properly understand the nutrition label on products</div></div></div>			
Coordinators/Staff will identify the program activity schedule, collect and analyze data.				
Objective	Title of Activity	How will the PSLO be Measured?	What is the Measurement Tool (s)?	Budget \$
Students will be able to determine healthy food choices and how they impact the body	Food Insecurities <div><div>• Navajo Nation Variety</div><div>• Prices</div><div>• Options/Alternatives</div></div>	<div>• Through engagement and interaction</div> <div>• Workshop Evaluation Survey</div>	Airtable	0
	Reading a Food Label			100
	Carbohydrates – Energy			0
	Protein – Strength			0
	Calcium – Bone Stability			0
	Smoothies Demonstrations <div><div>• Cutting/Toning</div><div>• Bulking/Maximum Muscle Growth</div><div>• Performance</div></div>			200

	Supplements <ul style="list-style-type: none"> • Creatine • Pre-Workout • Whey Protein 			0
	Hydration: Water is Life			200

Data Collection and Storage

Airtable raw data base and then transferred to Excel. Information will be readily available to R.Descheny, B.Begaye & K.Teller. Requests can be made to view the data through the Athletic Manager.

- Student Name
- Student ID #
- Gender: M, F, NB
- Student Status: Residential, Commuter, Online
- Field of Study

Data Analysis:

What does your assessment tell you about the students' engagement of this PSLO?	
How will this assessment change your process of delivering the program?	
Have you assessed PLSO before?	

Goal 2:	To Inform Students on How to Prevent and Manage Common Health Disparities (Planning)
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PSLO:	PSLO: <ul style="list-style-type: none">The student will be able to understand and relay essential information to peers and family on some of the issues.The student will be able to apply preventative measures to improve their lives through dieting and exercise.			
Program Activities, Data Collection and Analysis				
<i>Objective</i>	<i>Title of Activity</i>	<i>How will the PSLO be Measured?</i>	<i>What is the Measurement Tool (s)?</i>	<i>Budget</i>
Students will have an understanding on local health issues and know tips on how they can be prevented.	Diabetes <ul style="list-style-type: none">Bodily EffectsType 1 & Type 2Early Prevention TipsMitigation & Safety	<ul style="list-style-type: none">Knowledge/understanding before and after the workshop.Results will be in %Pre-survey before workshopPost-survey after workshop Workshop Evaluation Survey	Airtable	100
	Obesity <ul style="list-style-type: none">Bodily EffectsBody Mass IndexEarly Prevention TipsDiscipline & Consistency			100
	Stress, Depression, Anxiety, Anger <ul style="list-style-type: none">Breathing ExercisesFinding a Positive OutletRealizing and Planning a Solution.			100
	Eating Disorders (moderate) <ul style="list-style-type: none">Binge Eating DisorderAvoidant Restrictive Food Intake Disorder			100
	Self-Care: Maslow’s Hierarchy of Needs <ul style="list-style-type: none">Self-actualizationEsteemLove & BelongingSafety NeedsPhysiological Needs			250
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- Student, Staff, Faculty Name
- Warrior ID #
- Gender: M, F, NB
- If Student: Residential, Commuter, Online
- Field of Study or Program/Department
- Reason for attending
 - General Information. I am Attending to Listen
 - Will use to Improve Personal Workout Plan
 - I am a beginner and want to Learn the Basics

Data Analysis:

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Goal 3:	To Discuss Human Anatomy and Demonstrate Workout Exercises (Doing)			
PSLO:	PSLO: <ul style="list-style-type: none">• The student will understand names of fundamental muscles both in English and Navajo.• The student will remember and apply these exercises to target these fundamental muscle groups.• The student will create a personalized workout schedule to meet their short term and long term fitness goals.			
Program Activities, Data Collection and Analysis				
Objective	Title of Activity	How will the PSLO be Measured?	What is the Measurement Tool (s)?	Budget

<ul style="list-style-type: none"> Students will learn about the human muscle groups and how they are relevant to daily functions. Students will learn how the muscle groups can be trained and grown over a period of time. Student will know several effective workouts that they can use to improve their health and wellness. 	Upper Body Muscles <ul style="list-style-type: none"> Names Functions 	Pre-survey before workshop Post-survey after workshop Workshop Evaluation Survey	Airtable	100
	Lower Body Muscles <ul style="list-style-type: none"> Names Functions 			100
	Strength Training <ul style="list-style-type: none"> Weight Lifting Resistance/Endurance Training Calisthenics 			\$200
	Cardio <ul style="list-style-type: none"> Running Biking Swimming Hiking Recreational Sports 			\$50
	Scheduling and Consistency <ul style="list-style-type: none"> Setting Personal Goals Building a Weekly Plan Measuring Results 			300

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Goal 4 :	To Instruct the Functions and Mechanisms of Fitness Equipment (Doing)			
PSLO:	PSLO: <ul style="list-style-type: none">The student will understand the purpose and operations of Fitness EquipmentThe student will be able to apply and demonstrate these techniques.			
Program Activities, Data Collection and Analysis				
Objective	Title of Activity	How will the PSLO be Measured?	What is the Measurement Tool (s)?	Budget
Student will learn about the different types of equipment, how they are used and how to safely use them.	Electrical Powered Equipment <ul style="list-style-type: none">TreadmillStairmaster	<ul style="list-style-type: none">Number # of ParticipantsWorkshop Evaluation Survey	Airtable	0
	Self-Perpetual Equipment <ul style="list-style-type: none">Ellipticals/cross trainerStationary Bikes			0
	Cable/Pulley Machines <ul style="list-style-type: none">Bicep/Tricep ExtensionShoulder PressLateral Pull DownRow & PushingGlute MasterCross-Body Pulls			0
	Free Weights			0

	<ul style="list-style-type: none"> • Dumbbells • Barbells/weighted bars • Kettlebells • Plates • Medicine Balls 			
	Other <ul style="list-style-type: none"> • Forearm Grippers • Ropes • Pull-Up Bars • Calf Raise 			0
	Safety <ul style="list-style-type: none"> • Avoiding Injury • Emergency Crisis Plan 			0

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Goal 5:	To Improve Student-Athlete Performance (Student-Intern) and to Maintain Academic Expectations (Reflection)			
PSLO:	PSLO: The student will be able to evaluate the requirements and expectations of being a student-athlete or student-intern The student will be able to remember rules, guidelines and regulations. The student will be able to understand the various college resources that are available The student will be able to apply the knowledge to have a successful athletic and academic semester			
Program Activities, Data Collection and Analysis				
Objective	Title of Activity	How will the PSLO be Measured?	What is the Measurement Tool (s)?	Budget
Student will learn about what it takes to be a successful student-athlete (student-intern).	Student Athlete Handbook <ul style="list-style-type: none">• Eligibility• Expectations• Benefits• School, Sports, and Social Life Balance.• Consequences	<ul style="list-style-type: none">• Pre-survey at the beginning of Semester• Post-survey after the end of Semester• Retention & Graduation Success Rates• Involvement & Participation with other program events/activities	Airtable Data requests from other programs/departments	0
	Collegiate League Guidelines USA Archery, USCAA, & NIRA) <ul style="list-style-type: none">• Eligibility• Competitions			0
	Student Services Recourses: <ul style="list-style-type: none">• Career Education Program• Student Mental Health Program• Student Wellness Program			0

	<ul style="list-style-type: none"> • Residence Life • Learning Center • Financial Aid 			
	Accomplishments & Awards <ul style="list-style-type: none"> • Sportsmanship • Humility • Mentorship • Accountability • Appreciation 			3,000
	Travels <ul style="list-style-type: none"> • Transportation Etiquette • Compliance • Safety 			0

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- Student Name
- Student ID #
- Gender: M, F, NB
- Student Status: Residential, Commuter, Online
- Field of Study
- Midterm Grades
- Final Grades
- Average Time, scores, points

Data Analysis:

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How will this assessment change your process of delivering the program?	
Have you assessed PLSO before?	

Thank you for completing this report.
Please email to your Supervisor and to the Student Affairs Program Analyst