Improving Student Learning Grant Completion Report  

Dr Kym Guelfi

Project title - Implementation of a Health Risk Assessment Program administered by Level 3 Human Movement and Exercise Science students

Students graduating with qualifications in Human Movement and Exercise Science are expected to be skilled at assessing health and fitness parameters and counselling individuals on major lifestyle health issues. However, until recently, students were provided with limited opportunities to develop and refine their practical skills in this domain. With the assistance of an Improving Student Learning Grant from CATL, a student-directed Health Risk Assessment programme was implemented in 2007. This involved university staff members volunteering for a one-on-one Health Risk Assessment to be conducted by a Level 3 student. This Health Risk Assessment consisted of a brief assessment of health and lifestyle parameters, followed by professional feedback and counselling about areas of concern based on individual results. The students were observed while conducting these one-on-one sessions and assessed on their measurement technique, counselling skills, manner and professionalism. After completing the assessment with their individual “client”, each student was provided with immediate feedback about their performance to allow for further development. This programme has significantly improved the student learning experience, with an overwhelmingly positive response from the students. Student feedback indicated that the assessment task was “practical” and “relevant”. In particular, the students reported that the best aspect was being able to “put what you have learnt into practice with someone who is from the general public”, “apply skills in a real-life situation” and that “the feedback was excellent and very beneficial”. The project outcomes have been discussed within the School of Human Movement and Exercise Science. In addition, the results of the project were presented at the 17th Annual Teaching and Learning Forum;


It is hoped that in the future a more permanent programme may be opened up to the wider community to allow for further practical experience in health and fitness assessment and lifestyle counselling for Human Movement and Exercise Science students.

The budget was used as originally proposed for the preparation of paperwork/questionnaires necessary to conduct the assessments, as well as for casual teaching assistance to help supervise and provide feedback to the students about their Health Assessment.