Assessment Date: Fall 2012

Faculty Name(s): Lauren Green

1. Course Name and Number:

   PE 376A3 - Yoga

2. All Course SLOs from the Course Outline of Record:

   1. Demonstrate an improvement in total body flexibility.
   2. Demonstrate and practice proper breathing, posture in stretches and relaxation techniques.
   3. Employ yogic breathing and meditation techniques for stress management.

3. Specific Course SLO(s) assessed as part of this project:

   1. Demonstrate an improvement in total body flexibility

4. Assessment strategy or tool used in the assessment. (Describe below, and if applicable copy/paste any additional related documents at end of this form (i.e. Rubric, score sheet, test questions, essay assignment, etc.):

   Sit and Reach Test: The sit and reach test is a common measure of flexibility specifically measuring the flexibility of hamstrings and lower back.

   NOTE: This will usually consist of things you are already using to evaluate student work, i.e. Final Exam questions, Final Essay, Final Presentation or Culminating Project, other Assignments, Portfolio Evaluation, Performance Assessment, Department Testing, Pre and Post Tests, Vendor or Industry Certification Examinations, Indirect Assessments (Student Surveys, Focus Group Discussions, Interviews), etc.

5. Specific aspects of the assessment tool which link up to specific Course SLOs being assessed (i.e. Which specific test questions measured which Course SLOs? Note: May describe with #4 above):

   Sit and Reach Test: The sit and reach test is a common measure of flexibility specifically measuring the flexibility of hamstrings and lower back. Assuming that changes to the range of motion of the hip joint and supporting musculature occur, we operate under the assumption that similar changes might occur throughout other joints of the body.
6. Results and analysis of the data. *(Explain below and if applicably copy/paste any related documents, i.e. spreadsheets with data at the end of this document.)*

Of 24 students in the class, 17 students completed both pre and post assessments. The average pretest value was 33.24 inches and average posttest value was 33.56 for an average change of +.32 inches. Please see attached spreadsheet.

7. Describe any faculty dialogue that occurred as part of the assessment process (i.e. Were results shared at a department meeting? Was there discussion about changing any SLOs? Etc.):

n/a

8. Next steps (i.e. any planned revisions to curriculum or teaching strategies to promote student success, future assessment plans, etc.):

Although the sit and reach is a commonly used measure to assess flexibility the next time teaching this class would prefer to measure upper body and lower body strength as, strength is less commonly associated as a benefit of yoga.

9. Results of implemented changes, if available at this time: