Assessment Date: 1/6/2014

Faculty Name(s): Andrew Coe

1. Course Name and Number:

PE 342 Circuit Training

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

1. Demonstrate an improvement in flexibility and muscular strength.
2. Demonstrate an increase in cardiorespiratory endurance.
3. Create a personal circuit workout that incorporates all major muscles of the body and addresses personal goals.

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

SLO 2- Demonstrate an increase in cardiorespiratory endurance

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.):

Students were evaluated at three points during the semester during exercise testing. Each student was timed for completion of a circuit run lasting 1.5 miles and consisting of exercises during the run.

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.):

The students ability to decrease their recorded time to complete the circuit run indicated an increase in cardiovascular endurance throughout the semester.
6. Results and analysis of the data. *(Explain below and if applicable copy/paste any related documents, i.e. spreadsheets with data at the end of this document.)*:

| Roughly 95% of the students decreased their circuit run time from the start of the semester to the end. |

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.):

| I consulted with faculty to implement to most appropriate test measure for the course. Future feedback confirmed SLO 2 was being addressed appropriately. |

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

| No revisions are planned at this time. |

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

| N/A |

Please save your finished document in the following format:
- yyyysemester-sloa-courseid.doc
  - example: 2012fall-sloa-engl101c.doc