Assessment Date: 12/21/13

Faculty Name(s): Lauren Green

1. Course Name and Number:
PE 342A3 -02 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 address personal goals.

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

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.):

1-mile run time (see attached spreadsheets).

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.):

Pre, mid and post assessments.

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):
14 students were assessed. 11 students completed all three assessments and reduced their mile time scores. Three students were unable to complete the post-assessment due to injury/illness however, two had decreased mile time at the mid-way point. All in all 93% of students bettered their time in the 1-mile run.

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.):

n/a

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

n/a

Please save your finished document in the following format:

yyysemester-sloa-courseid.doc
example: 2012fall-sloa-engl101c.doc