Assessment Date: 1/6/2014

Faculty Name(s): Andrew Coe

1. Course Name and Number:

PE 346  Guts and Butts

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

1. Demonstrate proper exercise technique during abdominal, gluteal, and thigh exercises.
2. Employ proper form/alignment while utilizing weighted exercise balls and elastic bands/tubing.
3. Demonstrate proper stretching technique during warm-up and cool down.
4. Determine baseline values for abdominal and lower body strength and endurance.

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

SLO 3: Demonstrate proper stretching technique during warm-up and cool down.

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 assessed using a rubric to identify strengths and weaknesses of their ability to stretch properly and safely. (Rubric included as a separate document)

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 assessment tool identifies specific aspects of the student’s ability to observe demonstrations of stretches followed by individual execution while performed safely and effectively.
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.)*:

Most students (80-90%) improved their rubric scores during the semester to the highest possible result. All students practiced the skills of SLO 3 repeatedly throughout the semester.

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.):

The stretches prescribed for this class were discussed with other faculty on multiple occasions for refinement. Constant adaptations are made based on ability level and comprehension.

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`