Assessment Date: __________________________

Faculty Name(s): Gene Kendall

1. Course Name and Number:

Aquatic Conditioning PE-351

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

Record a decrease in resting heart rate and a decrease in the recovery rate.
Demonstrate proper and efficient stroke technique.
Develop a personal swimming fitness program.

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

Record a decrease in resting heart rate and a decrease in the recovery rate.

4. Will this SLO assessment count toward GE Plan A?  X Yes  No

If Yes, identify what area:  X Area V Physical Education/Wellness

Identify GE SLO(s) assessed as part of this project (see Catalog pages 49-51):

1. Value the importance of and develop a regular regimen of physical activity and/or exercise.
2. Demonstrate fundamental skills incorporating the techniques, rules and strategies of the activity.

5. 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.)

Each student recorded their resting heart rate. Each student performed a 3 minute step up test. After the step up test each student monitored their heart rate until it returned to normal. The time it took to return to normal marked their recovery rate.
**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.

6. **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 #5 above.):

   As aerobic conditioning increases the resting heart rate and the recovery rate after exercise should decrease.

7. **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.)*

   The results indicate that some students resting heart rates and recovery rates decreased while others did not.

8. **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.):

   No they weren’t discussed.

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

   Adding higher intensity swim sets.

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

    There are no results of implementation changes available at this time.