Assessment Date: Fall 2013

Faculty Name(s): Debra Kane-Nolan

1. Course Name and Number:

PE 376A3 - Yoga

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

1. Improve total body flexibility.
2. Demonstrate proper breathing, posture stretches and relaxation techniques.
3. Practice meditation techniques.
4. Employ yogic breathing and meditation techniques for stress management.

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

3. Practice meditation techniques.

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 maintained journals throughout the semester and responded weekly to instructor prompts.

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.).

I evaluated this by giving a notebook prompt that asked: How have you incorporated the following Yogic activities into your life outside of this class? Breath work, Meditation, Asana (postures).
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.)*:

I had 19 students respond to this prompt and 95% stated that they used meditation regularly outside of class. Most reported using meditation to help them sleep and some used meditation to help them calm down when they were angry or tense.

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.):

Ongoing dialogue with Robin Kurotori took place throughout the semester. An evaluation of the notebook as a method of assessment is ongoing within our department. At this time, the method suits our purpose.

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

The SLO remains viable and no changes are planned.

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

Please save your finished document in the following format:

`yyyysemester-sloa-courseid.doc`

`example: 2012fall-sloa-engl101c.doc`