Assessment Date: 12/21/13

Faculty Name(s): Lauren Green

1. Course Name and Number:

PE 376C3 -01 Yoga and Meditation

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

1. Apply the basic principles of Yoga
2. Identify and use basic meditation techniques
3. Demonstrate various exercises and positions associated with Yoga.
4. Employ the principles of Yoga in a holistic approach to daily living.

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

4. Employ the principles of Yoga in a holistic approach to daily living.

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.):

Notebook entries are assessed using the following rubric:
3 points: successfully employ the principles of Yoga in a holistic approach to daily living
2 points: partially successful in employing the principles of Yoga in a holistic approach
1 point: minimally successful
0 points: no submission

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.):

Students maintained a notebook/journal throughout the semester. Included in the notebook were responses to instructor prompts dealing with principles of yoga and meditation and the application to every day life. Students reflected on their personal practice outside of class and the benefits they realized as a result.
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.):

30 students were assessed. The average rating (see attached spreadsheet) was 2 meaning that a majority of the students are applying some aspect of yoga to their daily lives; in this case, mostly for stress release.

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.):

Robin Kurotori and I engaged in dialogue about the notebook, prompts, and how these could be used to assess this SLO. Since I am the only instructor for this course, there was no other dialogue. Results will be shared at the next department meeting in spring 2014. The SLO continues to address the core curriculum for this course and as such should not be changed.

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

Next semester I will be focusing on more stress release practices since this appears to be where most students are finding yoga beneficial.

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