Assessment Date: Fall 2013

Faculty Name(s): Ineke Rush

1. Course Name and Number:

PE 377A2 - Pilates

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

1. Distinguish between proper and improper breathing control.
2. Develop an awareness of one's balance.
3. Demonstrate proper body alignment while performing various exercises.
4. Identify the three limiting factors for success in executing Pilates exercises

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

4. Identify the three limiting factors for success in executing Pilates exercises

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 asked the following question on the final exam: “Identify 3 limiting factors for success in execution of Pilates exercises.”

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):

This question specifically addresses the SLO and the student’s understanding of the inherent principles of Pilates taught over the semester. A successful response would be “flexibility, strength and patterning.”
6. 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.):

| 15 students were assessed. Of the 15, 12 (80%) answered correctly. |

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.):

| This assessment and the SLO were discussed with Robin Kurotori. Since I am the sole instructor for this course, no further dialogue took place. Results will be shared at the department meeting spring 2014. |

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

| No revisions are necessary at this time. |

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

Please save your finished document in the following format:

**yyysemester-sloa-courseid.doc**

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