Assessment Date: Fall 2013

Faculty Name(s): Robin Kurotori

1. Course Name and Number:

   PE 378A2/A3 – Indoor Cycling

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

   1. Improve cardiorespiratory endurance and lower body strength and endurance.
   2. Demonstrate proper bike set up.
   3. Assess estimated lactate threshold and estimate personal maximum heart rate.
   4. Identify three methods for increasing intensity during a cycling workout.

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

   2. Demonstrate proper bike set up.

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.):

   Instructor observation of student riding position and bike fit.

   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 were observed at the beginning of the semester for proper bike set up and posture in the saddle. Less than half of the students were able to successfully set their bike seats and handlebars at the appropriate settings. Suggestions for modifications and adjustments were made.

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.):

By the end of the semester all students successfully set up their bikes at the appropriate settings. Proper bike set up is critical for safe riding. A seat that is set inappropriately may translate into pain in the knees or low back. As a result of prescreening at the beginning of the semester and being diligent in pointing out improper set up throughout the semester, the number of student injuries and complaints were reduced to zero. This strategy was a success and will be maintained.

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.):

I am the only faculty member teaching indoor cycling at this time.

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. This is a critical SLO for healthy student bodies.

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