Assessment Date: Fall 2013

Faculty Name(s): Robin Kurotori

1. Course Name and Number:

PE 378C3 – Indoor Cycling: Hills and Drills

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

1. Demonstrate improved cardiorespiratory endurance and lower body strength.
2. Calculate Target Heart Rate Zone for the purpose of establishing a safe and effective personal indoor cycling workout and demonstrate an understanding of the benefits of training within a target heart rate zone.
3. Identify the appropriate form and safety considerations for various body positions during drills (e.g. standing climb, seated sprint, seated climb, etc.)

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

1. Demonstrate improved cardiorespiratory endurance and lower body strength.

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.):

Cardiorespiratory endurance was assessed by One Mile Time Trial and Distance Covered in 15 Minutes. Lower body strength was assessed by a one minute squat test.

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):
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.)*

- 100% of students improved in their 1 Mile Time Trial.
- 100% of students improved in their 15 Minute test.
- 100% of students increased the number of squats they performed in 1 minute.

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 this class. General dialogue regarding assessment and results took place during departmental meetings.

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

No changes are planned at this time. Both the SLO and the assessments remain valid and viable.

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`