1. Number and name of the course being assessed:

PE 376B2 and B3 – Fitness Yoga

2. List all the Course SLOs from the Course Outline of Record:

1. Apply the philosophy of "taking care of oneself" to daily life.
2. Describe the physical and mental benefits of yoga.
3. Demonstrate knowledge of elementary human anatomy and physiology.
4. Analyze the changes that have occurred in personal development throughout the course of the semester.

3. If you have had any dialogue about the Course SLOs amongst faculty who teach this course, please describe it here (leave blank if there has been no specific dialogue):

I have discussed the SLOs and the assessment process with colleague, Robin Kurotori. We brainstormed ways to assess the SLOs that would be both easy to grade and indicative of student learning and success.

4. List the SLO(s) you are assessing in this particular instance:

#4 Analyze the changes that have occurred in personal development throughout the course of the semester.

5. Describe the assessment strategy or tool that addresses the SLO(s):

I chose to assess their flexibility and the improvements in this aspect of personal development because of the quantitative nature of the tests. I had difficulty determining a valid way to measure personal development such as stress management, calming breath, improved self-esteem, etc. which often accompany the taking of this type of class. We conducted an 18 point muscle flexibility test at the beginning, middle and end of the semester. Tests included neck rotation, Achilles, hamstring, hip rotators and flexors, spine/hips/thigh flexibility, shoulder, arm, and wrist flexibility and abdominal flexibility, hip extensors, trunk, upper back and shoulder flexibility.
6. Describe how the criteria or standards in this assessment tool link to the SLO(s) being assessed:

As indicated above, personal development can be difficult to assess in a quantitative fashion so this time around I chose to assess their flexibility. Since this is a specific benefit of yoga and a development from which they will benefit, it seemed appropriate.

7. By looking holistically at the results from all students, describe your findings:

All 30 students recorded findings in the pre test, 22 students were more flexible in over half the sites during the mid semester test and 18 students found increased flexibility in the majority of the sites during the post test. (12-15 sites increased flexibility).

8. Describe faculty dialogue (if any) involved in the assessment process:

Post assessment, we discussed alternative ways to assess this SLO. I will consider using a final essay or daily notebook entries to track personal development.

9. Based on an analysis of your findings and dialogue, describe revisions (if any) in curriculum or teaching strategies implemented to promote student success:

Their flexibility improvements are in line with flexibility improvements in other physical education classes. I did not establish a goal so it is difficult to say whether or not students were successful. With 60 percent of students improving in over 75% of the tests, this sets a good baseline from which we can set our sites for improvement.

10. After the improvements are implemented, describe the results:

Please save your finished document in the following format:

    yyyysemester-sloa-courseid.doc
    example: 2012fall-sloa-engl101c.doc