Assessment Data is from what semester? Fall 2014

Faculty Name(s): Gene Kendall

1. Course Name and Number:
Athl 110-A3

2. List all Course SLOs from the Course Outline of Record:
1. Demonstrate fundamental and advanced techniques related their specific sport. 2. Demonstrate advanced sport specific movements related to their specific sport.

3. Specific Course SLO(s) assessed as part of this project:
Numbers 1 and 2.

4. Is this course on GE Plan A?  x  Yes  _No  (See Catalog pages 49-51 & page 55)
If Yes, identify what area. (All GE course assessments count as GE assessments.)
   ___ Area I Natural Sciences
   ___ Area II Social and Behavioral Sciences
   ___ Area III Fine Arts/Humanities
   ___ Area IV Language and Rationality
   x  Area V Physical Education/Wellness
   ___ Area VI Intercultural/International Studies
   ___ Area VII Information Competency

5. How did you assess the SLO(s)? (Attach any related documents at end of form.)
A pre and post test were given for six strength training exercises. Lat pulls, military press, bicep curls, squats, bench press, and seated row tested maximum strength for each exercise.

6. Results and analysis of the data. (Attach any related documents at end of form.)
All nine students increased their maximum lift in all six exercises for an improvement percentage of 100%. The amount of improvement varied from student to student, and from exercise to exercise.

7. What are you going to do based on the results of the data? (Any planned revisions?)
Incorporate biweekly max lifts for 3 exercises on a rotational basis.