Assessment Date: 12/10/2014___________________________

Faculty Name(s): Gene Kendall___________________________________________________________

1. Course Name and Number:
Aquatic Conditioning PE 351

2. All Course SLOs from the Course Outline of Record:
1) Record a decrease in resting heart rate and recovery rate through pre and post testing. 2) Demonstrate proper and efficient stroke technique. 3) Develop a personal swimming fitness program.

3. Specific Course SLO(s) assessed as part of this project:
1) Record a decrease in resting heart rate and recovery rate through pre and post testing.

4. Will this SLO assessment count toward GE Plan A?    _X___Yes   ____ No

If Yes, identify what area: ___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

Identify GE SLO(s) assessed as part of this project (see Catalog pages 49-51):
1) Value the importance and develop a regular regimen of physical activity.

5. 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.

Each student recorded their resting heart rate. Then each student was given a 3 minute step up test. Immediately after finishing the test the students monitored their heart rate until it returned to normal. The students then recorded the length of time that it took for their heart rate to return to normal. This test was performed on the first day of class and the last day of class.

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.

6. 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 #5 above.):

| Resting heart rate and recovery rate are directly linked to the SLO being assessed. |

7. 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.)

| Of the 13 students tested 8 showed an improvement in their resting heart rate, or 61.5%. Of the 13 students 9 showed an improvement in recovery rate, or 69.2%. |

8. 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.):

| There was no discussion with faculty regarding changing SLO’s. |

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

| I plan on adding target heart rates for students to reach during certain swim sets. |

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

| None at this time. |

Please save your finished document in the following format. (Date should be for the semester in which data was collected; same date should be listed at top of this form.)

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yyyysemester-sloa-courseid.doc
example: 2014spring-sloa-engl101c.doc
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