Assessment Data is from what semester? FALL 2014
Faculty Name(s): Donna Runyon

1. Course Name and Number:
Fitness Yoga PE-376B3-01

2. List all 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/semester.

3. Specific Course SLO(s) assessed as part of this project:
#3 Demonstrate knowledge of elementary human anatomy and physiology

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.)
X  Area V Physical Education/Wellness

5. How did you assess the SLO(s)? (Attach any related documents at end of form.)
I have discussed the #3 SLO and the assessment process with Fitness Yoga Colleague Kaylene Butreu. I issued an individual flexibility test to the students (Pre-Midterm-Post) to analyze their degree of flexibility. There were 18 test sites to measure.

6. Results and analysis of the data. (Attach any related documents at end of form.)
13 of 17 students had substantial increases in flexibility on at least ½ the sites tested. Many of the flexibility test sites were incorporated in our class time workouts. A flexibility testing form is included in this report.

7. What are you going to do based on the results of the data? (Any planned revisions?)
I would like the students to leave this class with an understanding that their mind can calm the body and its thoughts. Daily slow breaths can balance the mind and body. I will continue to teach poses to increase flexibility and monitor results of the 3 testing days. I will continue to create ways to make this Yoga experience a lifetime personal commitment.