Assessment Data is from what semester?  
Spring 2014

Faculty Name(s):  Jeff Roberts

1. Course Name and Number:

KIN 258 – Exercise Prescription

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

1. Demonstrate knowledge of the muscular, respiratory and cardiovascular systems.
2. Develop exercise programs using principles of human muscle physiology and biomechanics.
3. Prescribe appropriate exercise workouts based upon individual needs of a sport or activity.
4. Demonstrate safe and correct execution of strength training exercises.
5. Analyze data for the purpose of identifying special training needs.

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

3. Prescribe appropriate exercise workouts based upon individual needs of a sport or activity.

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.)

This SLO was assessed via Matching questions on KIN 258 course examinations. There were two separate Matching questions utilized to assess this SLO. One question was associated with resistance exercise applications and the other question was associated with target heart rate zone for cardiorespiratory exercise applications. Each question was individually asked a part of a unit exam at different points in the semester and then both were asked again on the final exam. Copies of each question and the associated instructions are included at the bottom of this document.

6. Results and analysis of the data.  (Attach any related documents at end of form.)

The cardiorespiratory exercise applications question was worth 6 points and had the following data: On Exam 2, for the 26 students who took the exam; 24 scored 6/6, 1 scored 2/6 and 1 scored 0/6 – average score of 5.62/6 = 94%. On the Final Exam, for the 26 students who took the exam; 26 scored 6/6 – average score of 6/6 = 100%. The resistance exercise applications question was worth 8 points and had the following data: On Exam 3, for the 26 students who took the exam; 10 scored 8/8, 8 scored 4/8, 5 scored 2/8 and 3 scored 0/8 – average score of 4.69/8 = 59%. On the Final Exam,
for the 26 students who took the exam; 16 scored 8/8, 7 scored 4/8, 2 scored 2/8 and 1 scored 0/8 – average score 6.15/8 = 77%. For the cardiorespiratory exercise applications question, student performance was outstanding (94%) on Exam 2 with all but 2 students earning a perfect score of 6/6, and student performance was perfect on the Final Exam with all students earning a score of 6/6. For the resistance exercise applications question, student performance was less robust with average scores of 59% on Exam 3 and 77% on the Final Exam. It is worth noting that 38.4% of students got a perfect score on that question on Exam 3, while 62% of students got a perfect score on that question on the Final Exam. The average score and number of students earning a perfect score measures both demonstrated significant improvement in student performance from Exam 3 to the Final Exam, although there remains room for improvement.

7. What are you going to do based on the results of the data? (Any planned revisions?)

There are no observable needs to make adjustments regarding the cardiorespiratory applications question as students performed at a very high level regarding that assessment. There is evidence of improvement in student learning related to the resistance exercise applications question from the unit exam to the final exam. However, there is a desire for even greater student performance regarding this SLO. Faculty will consider additional course homework and/or laboratory assignments as well as enhanced lecture focus to improve student grasp of this SLO item.

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.)

```
yyyusement-sloa-courseid.doc
Example: 2014spring-sloa-engl101c.doc
```

Questions Used for SLO Assessment

Cardiorespiratory Exercise Applications Question – Exam 2 and Final Exam

Matching

When designing cardiorespiratory training programs, it is important to match exercise intensities to the specific objectives of the program for each individual. Match the training zones listed on the left with the corresponding target heart rate zone listed on the right. Write the appropriate lettered response in the space provided next to each of the numbered questions. There is only one correct answer to each question. Use each answer only once. (2 points each)

```
__________  28.  Zone 1  A.  86%-95% of max heart rate
__________  29.  Zone 2  B.  65%-75% of max heart rate
__________  30.  Zone 3  C.  76%-85% of max heart rate
```

Resistance Exercise Applications Question – Exam 3 and Final Exam

Matching

When designing resistance exercise training programs, it is important to match exercise parameters (acute training variables) to the specific objectives of the program for each individual. Match the resistance training objectives listed on the left with the corresponding exercise parameters (acute training variables) listed on the right. Write the appropriate lettered response in the space provided next to each of the numbered questions. There is only one correct answer to each question. Use each answer only once. (2 points each)

```
__________  24.  Muscular strength  D.  3-6 sets, 1-10 repetitions, 30%-45%
__________  25.  Muscular endurance  E.  4-6 sets, 4-6 repetitions, 85%-100%
__________  26.  Muscular hypertrophy  F.  1-3 sets, 15+ repetitions, 50%-70%
__________  27.  Muscular power (multi-effort)  G.  3-5 sets, 6-12 repetitions, 75%-85%
```

1RM, 3-5 minutes rest between sets
1RM, 3+ minutes rest between sets
1RM, <90 seconds rest between sets
1RM, 1 minute rest between sets