Assessment Data is from what semester? Spring 2014

Faculty Name(s): Jennifer Ryan

1. Course Name and Number:

Bootcamp – PE 372A2

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

1. Identify and describe the benefits of physical exercise.
2. Compute resting and exercise heart rate and exercise training zone.
3. Demonstrate proper form for strengthening and flexibility exercises.
4. Demonstrate improvement in cardiorespiratory health, muscular strength and endurance.

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

2. Compute resting and exercise heart rate and exercise training zone.

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
___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.)

All students were asked to identify resting and exercise heart rate in response to a “Question of the Week” entry in their journals. With respect to exercise heart rate, students were asked to determine their target heart rate range using the Karvonen formula [(220 – age (Resting HR)) x 75% to 85% + Resting HR].

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

100% of students successfully identified both resting heart rate and exercise heart rate.
7. What are you going to do based on the results of the data? (Any planned revisions?)

I am pleased with the results. I would not change anything about this assessment.

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.)

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