Assessment Data is from what semester? ___Spring 2014___________

Faculty Name(s): ___May Chen / Robin Kurotori____________________

1. Course Name and Number:
PE 375A3 – Beginning Tai Chi

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

1. Demonstrate the basic movement patterns in Tai Chi with excellent form and execution.
2. Develop a personal practice of Tai Chi outside of class.
3. Evaluate the benefits of Tai Chi for stress reduction.
4. Apply the practice of Tai Chi and Qigong to everyday life.

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

2. Develop a personal practice of Tai Chi outside of class.

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 using an essay at the end of the term. Students were asked to discuss the personal benefits achieved through the practice of Tai Chi both during class and outside of class on their own time.

6. Results and analysis of the data. (Attach any related documents at end of form.)
All 7 students (100%) expressed positive physical benefits as a result of their Tai Chi practice. They all successfully incorporated breathing techniques for relaxing and revitalizing their energy level. Additionally, they all experienced the calming effect from synchronizing the breath with physical motion.

7. What are you going to do based on the results of the data? (Any planned revisions?)
I am happy with the results from this class. Students have requested that more time be provided for small group work. I will schedule group work more regularly moving forward.

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