Assessment Data is from what semester?  ____Spring 2014_____

Faculty Name(s): _____May Chen / Robin Kurotori______________

1. Course Name and Number:

PE 375B3 – Intermediate Tai Chi

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

1. Recognize and demonstrate the stylistic differences of basic movement patterns in Tai Chi with excellent form and execution.
2. Cultivate a personal practice of Tai Chi outside of class.
3. Develop an understanding of the effects of physical and/or mental tension and how Tai Chi can be used to reduce stress.

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

2. Cultivate 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.)

SLO #2 was assessed in an end of term essay in which the students discussed the mental and physical changes that accompanied the practice of tai chi, both in class and during their personal practice. Students were asked to describe how they have incorporated Tai Chi into their daily lives.

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

All 13 students (100%) expressed continual internal changes in response to diligent practice. All exhibited fluidity as evidenced by physical motion and through descriptive language used in term paper. All have incorporated breathing and “mindfulness” into their lifestyle. Several mentioned a feeling of confidence and wellness derived from incorporating Tai Chi into their lives. All practice some sort of posture sequences or entire routines on a regular basis on their own.
I am pleased with the results of the assessment. It is typical, after the initial weeks of the semester, for the students to be reluctant to leave the studio at the end of a session. They want to drill and practice more. Tai Chi develops individual mind/body/spirit. Often overlooked is the bonding which happens with students – the social cohesion – build into Tai Chi group practice. In addition, trust and respect for one another develop positive societal benefits.

On a side note, I am very proud of eight of the Intermediate students who completed in the KungFuMagazine.com International Martial Arts Championships 2014 in May. In addition to three gold, five silver and 2 bronze individual medals, the students brought home GOLD for the Ohlone College Tai Chi Team! Quite an accomplishment in light of the fact that the competition is against teams from all over most of whom practice in private studios.

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