Assessment Data is from what semester?  Spring 2014

Faculty Name(s): Jennifer Ryan

1. Course Name and Number:
Yoga – PE 376A3

2. List all Course SLOs from the Course Outline of Record:
1. Improve total body flexibility.
2. Demonstrate proper breathing, posture stretches and relaxation techniques.
3. Practice meditation techniques.
4. Employ yogic breathing and meditation techniques for stress management.

3. Specific Course SLO(s) assessed as part of this project:
2. Demonstrate proper breathing, posture stretches and relaxation techniques.

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.)
Students were asked to answer two final exam questions that related to SLO #2. Written exam questions:
1. How can yoga help promote mental and emotional well-being?
2. What are two physical benefits, beyond flexibility, that yoga offers?

6. Results and analysis of the data. (Attach any related documents at end of form.)
All 29 students were able to answer these questions with a proficient approach. The entire class scored 100% in response to question #1. 27 or 29 (93%) students received a perfect score for question #2. 2 students received an average score for their response to question #2.
7. What are you going to do based on the results of the data? (Any planned revisions?)

No changes are planned at this time.

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