Assessment Data is from what semester?  ____Spring 2014____

Faculty Name(s):  ____Lauren Green____________________________

1. Course Name and Number:

PE 376C3 – Yoga and Meditation

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

1. Apply the beginning principles of yoga.
2. Identify the basic meditation techniques.
3. Demonstrate the various exercises and positions associated with Yoga.
4. Employ the principles of Yoga in a holistic approach to daily living.

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

1. Apply the beginning principles of yoga.

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 #1 was assessed by student responses to journal prompts. Students were asked to discuss how the practice of yoga helped them with stress management, muscular strength and flexibility. Additionally, they were asked how their yoga practice improved their health and wellness overall.

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

100% of students responded in journal entries that they experienced the positive effects of yoga with respect to their stress levels. Many indicated that this one of the primary reasons for them taking the class in the first place. Still others expressed a desire to continue with a personal yoga practice after the semester was over because of the way they felt after class.

100% of students felt that the exercises included in the yoga practice helped them maintain or improve their muscular strength and flexibility. (Side note: This was supported by the post fitness assessments in which students compared their sit and reach scores at the beginning of the semester to those at the end of the semester. All students demonstrated an increase in flexibility.)
7. What are you going to do based on the results of the data? (Any planned revisions?)

No revisions 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-coursecid.doc
Example: 2014spring-sloa-engl101c.doc