Assessment Data is from what semester?  _____Spring 2014_____  

Faculty Name(s): _______Ineke Rush___________________________

1. Course Name and Number:

PE 377A2 - Pilates

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

1. Distinguish between proper and improper breathing control.
2. Develop an awareness of one’s balance.
3. Demonstrate proper body alignment while performing various exercises.
4. Identify the three limiting factors for success in executing pilates exercises.

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

1. Distinguish between proper and improper breathing control.

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 skill was assessed throughout the semester by instructor observation using a grading rubric (see attached). The final assessment was completed at the end of the semester.

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

10 students were assessed. 6 students (67%) demonstrated excellent breath control successfully demonstrating accuracy in all three criteria; 3 (33%) students demonstrated satisfactory breath control achieving success in 2 of the 3 criteria; and 1 student was only able to demonstrate accuracy in one of the three criteria. I am reasonably happy with these results. They are reflective of what each student’s level was at the end of the semester based on good effort and participation.
7. What are you going to do based on the results of the data? (Any planned revisions?)

I plan to review the breathing technique midway through the semester to help keep the concept fresh in their minds. We cover proper breathing technique at the beginning of the semester when students may not have the understanding and/or body awareness and control to truly implement the proper breath control into their work, so a refresher is probably warranted. A refresher is likely to boost their scores. I would like to see at least 75% of the students scoring a 3.

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.)

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