Assessment Data is from what semester?  Spring 2014

Faculty Name(s): Robin Kurotori

1. Course Name and Number:
   Indoor Cycling – PE 378 A3

2. List all Course SLOs from the Course Outline of Record:
   1. Improve cardiorespiratory endurance and lower body strength and endurance.
   2. Demonstrate proper bike set up.
   3. Assess estimated lactate threshold and estimate personal maximum heart rate.
   4. Identify three methods for increasing intensity during a cycling workout.

3. Specific Course SLO(s) assessed as part of this project:
   SLO 3 – Assess estimated lactate threshold and estimate personal maximum heart rate

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 performed a sub max test.  They began the test at 60% of their max HR as estimated by
   the mathematical formula 220 – age x .60.  They maintained 60% for 2 minutes.  Every 2 minutes
   they were instructed to elevate their HR by 10 beats per minute and record their RPE (Rate of
   Perceived Exertion).  When they reached an RPE of 7, or when they felt uncomfortable and were
   unable to talk, they were instructed to end the test and record the highest HR they experienced.
   The point at which they became uncomfortable and were unable to talk or maintain the HR is
   their estimated lactate threshold.  To this number, they added a mathematical constant based on
   their level of fitness.  This determined their estimated maximum HR.  Using this estimate,
   students could determine training zones.  They were instructed to write the results of the sub max
   test and their personal training zones in their notebook.
6. Results and analysis of the data. (Attach any related documents at end of form.)

Two classes and a total of 32 students were assessed. Of the 32 students, 2 did not turn in a final notebook so results were not able to be assessed.

Of the 30 students from which data was collected, only 3 did not successfully determine their lactate threshold or estimated max heart rate. This is a success rate of 91%.

Compared with Fall 2013, this is an improvement (79% in fall 2013). Test instructions were explained more clearly and notebooks were checked on the day of the assessment. Changes implemented based on Fall 2013 results have improved the data collection process.

7. What are you going to do based on the results of the data? (Any planned revisions?)

Continue to check notebooks for entries on the day of the assessments. Continue to check for understanding prior to beginning the assessment.

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