Assessment Data is from what semester?  Spring 2014

Faculty Name(s): Robin Kurotori

1. Course Name and Number:

   Indoor Cycling – Hills and Drills - PE378C3

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

   1. Demonstrate improved cardiorespiratory endurance and lower body strength.
   2. Calculate Target Heart Rate Zone for the purpose of establishing a safe and effective personal indoor cycling workout and demonstrate an understanding of the benefits of training within a target heart rate zone.
   3. Identify the appropriate form and safety considerations for various body positions during drills (e.g. standing climb, seated sprint, seated climb, etc.)

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

   1. Demonstrate improved cardiorespiratory endurance and lower body strength.

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.)

   1 Mile Time Trial, How Far in 15 Minutes and 1 minute squat test

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

   20 students were assessed.

   **Fastest 1 mile time:** 100% of students improved their one mile time. The range was from 11 seconds to 66 seconds.

   **How Far in 15 Minutes:** 14 of 20 (70%) students increased their distance in 15 minutes. The range was from 0.1 mile to 0.9 mile.
1 minute squats: 100% of students improved the number of squats completed in one minute. The range was from 2 to 36.

I am disappointed with the How Far in 15 Minutes data. In looking at the scores of the students who did not improve, one of the students was a deaf student and he did not fully comprehend the pretest protocol so there was not baseline for comparison. Two of the students were absent for the final assessment. One student was absent for the pre test. In light of this, 100% of students who completed both pre and post test improved their cardiorespiratory endurance as indicated with this test.

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

No changes are needed.

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