Assessment Data is from what semester? Spring 2014

Faculty Name(s): Jennifer Ryan

1. Course Name and Number:

Body Sculpting – PE 379A2

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

1. Discover their body's potential for an increase in flexibility.
2. Discover their body's potential for an increase in strength.
3. Develop an awareness of muscle movement and basic human anatomy.
4. Recognize and maintain correct and safe alignment during exercise.

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

2. Discover their body's potential for an increase in 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.)

Students were physically tested 3 times over the course of the semester. Upper body strength was tested with push ups; lower body strength was tested with squats; and abdominals were tested with planks.

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

All 13 students (100%) were able to increase their upper, lower and abdominal strength over the course of the semester.

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

No changes are planned.
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`