

COURSE SLO ASSESSMENT REPORT, SCC

Department: Exercise Science Course: Exer 100

Year: 2013 Semester: Spr 2013

| 1) Outcome to be assessed | 2) Means of assessment and criteria of success | 3) Summary of data collected | 4) Analysis of data | 5) Plan of action/what to do next |
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| <p>Students will learn and demonstrate a strong understanding of the factors that influence health and wellness</p> <p>Students will have the knowledge to be able to modify current health behaviors and attitudes in order to achieve increased long-term potential for quantity and quality of life</p> | <p>Self-assessment on a sliding scale of 1-5; 1 Not at all, 5 to a great degree.</p> <p>Success 3.5+</p> | <p>Breakdown and percentage success not submitted for all courses. Will be corrected in Spr 14.</p> <p>121 Average 4.5</p> <p>Average 4.4</p> | <p>Students completed written, multiple choice and discussion based assessments to demonstrate their knowledge</p> <p>Students were given the information needed in order to modify behaviors via lectures, video and assignments and were given the opportunity to make those behavioral changes if they choose.</p> | <p>More written assessment is needed in future classes for students to demonstrate more understanding. Utilize more in-class video clips to expand student understanding & interest. Spend more time reviewing material prior to exams.</p> <p>Work to improve lecturing techniques in order to enhance the student learning experience. Continue to stay current in content areas and incorporate technology where appropriate.</p> |

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| <p>Students will demonstrate the ability to apply, evaluate, and effectively adjust behavior change strategies</p> <p>Students will develop leadership and interpersonal communication skills through cooperative interaction during small group activities and/or class presentations</p> | <p>Self-assessment on a sliding scale of 1-5; 1 Not at all, 5 to a great degree.</p> <p>Success 3.5+</p> | <p>Average 4.4</p> <p>Average 4.1</p> | <p>Students were given opportunity to work on goal setting and strategies to change not only their behavior but to assist others in making behavioral changes</p> <p>Students participated in class discussion forums where they were required to communicate with other member of their class</p> | <p>An assignment will be modified in order to challenge the students to modify a current health behavior</p> <p>Work toward development of a structure for class presentations that will elicit greater interaction and cooperation amongst students.</p> <p>A group project will be added in place of another assignment to help students work on cooperative interaction.</p> <p>Another discussion forum in the online class will be added to help increase the knowledge level needed to modify health behaviors</p> |
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