

COURSE SLO ASSESSMENT REPORT, SCC

Department: Exercise Science Course: Exer 102

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
<p>1. Students will demonstrate understanding of the link between nutrition and fitness with health, and total well-being in order to be in a position to make changes in themselves and others.</p> <p>2. Students will demonstrate understanding of how to make correct selection of the various food</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>Number of respondents and breakdown not submitted.</p> <p>4.9</p>	<p>Surpasses Expectation Level</p>	<p>Students will be given different scenarios in which they need to plan a healthy lifestyle change and present it to the class.</p>

<p>available in the marketplace to optimize performance.</p>		<p>4.8</p>	<p>Surpasses Expectation Level</p>	<p>Students will be given an assignment where they will go to a marketplace and find unhealthy snacks/meal and replace with a healthy substitutes for that snack/meal.</p>
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