

**COURSE SLO ASSESSMENT REPORT, SCC**

Department: Exercise Science Course: Exer 120

Year: 2012 Semester: Fall 2012

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 critical thinking by evaluating how to incorporate aerobic activity in to their lifestyle in pursuit of lifelong health.</p> <p>2. Students will learn techniques and fitness concepts, with a view to improving aerobic fitness.</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>20 Respondents</p> <p>4.8</p> <p>4.8</p>	<p>Surpasses Expectation Level</p> <p>Surpasses Expectation Level</p>	<p>Students will be given different situations of individuals and learn how to teach them to incorporate aerobic fitness into their lifestyle. This will be done in order to change the students own lifestyle and learn to overcome different challenges life presents .</p> <p>Instructor will provide students with new ways to incorporate aerobic fitness outside the classroom with handouts and activites.</p>