

COURSE SLO ASSESSMENT REPORT, SCC

Department: Exercise Science Course: Exer 120

Year: 2013 Semester: Spring 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 critical thinking by evaluating how to incorporate aerobic activity into 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>Grading scale 1-5; 5 Highly effective, 1 not effective</p>	<p>28 Respondents 4.78 Breakdown of responses 0- 0 1-0 2-0 3-0 4-6 5- 22 100%</p> <p>4.82 Breakdown of responses 0- 0 1-0 2-0 3-0 4-5 5- 23 100%</p>	<p>Surpasses expectation levels</p> <p>Surpasses expectation levels</p>	<p>Assess students at home aerobic activity and have them create a plan of action in order to incorporate aerobic activity into daily lifestyle. Evaluate throughout the semester to assess the progress of the plan of action.</p> <p>Discuss the fitness concepts and determine as a class a plan of action. Pass out handouts and create groups to teach fitness concepts.</p>