

COURSE SLO ASSESSMENT REPORT, SCC

Department: Exercise Science Course: Exer 125

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 an understanding of how to increase their own personal well-being through applying fitness concepts.</p> <p>2. Students will learn the principles of conditioning which must be applied in order to improve one's</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>46 Respondents</p> <p>4.8</p> <p>4.8</p>	<p>Surpasses Expectation Level</p> <p>Surpasses Expectation Level</p>	<p>Students will be taught and required to demonstrate different boxing defense exercises that will help increase personal well being. Students will make a plan of action and describe how to will be put into action.</p> <p>Students will be given handouts in which they can use boxing techniques learned from class in their everyday workout routine.</p>

fitness level.				
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