

**COURSE SLO ASSESSMENT REPORT, SCC**

Department: Exercise Science Course: Exer 125

Year: 2012 Semester: Spring 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>Students will demonstrate critical thinking by evaluating how to incorporate aerobic activity in to their lifestyle in pursuit of lifelong health.</p> <p>Incorporate and exhibit skills to improve muscular endurance and aerobic fitness.</p>	<p>Grading Scale 1-5; 5 Highly effective 1 Not effective</p>	<p>95 respondents 4.6</p> <p>4.7</p>	<p>Surpasses Expectation level</p> <p>Surpasses Expectation level</p>	<p>INCORPORATE A PHYSICAL ACTIVITY JOURNAL TO ENCOURAGE AEROBIC EXERCISE ACTIVITY. Include assignments on the plan of action to incorporate aerobic activity into their daily life.</p> <p>INCORPORATE EXRTA CREDIT OPPORTUNITIES TO ADD ADDITIONAL PHYSICAL ACTIVITIES TO MY STUDENTS LIVES.</p>

<p>Demonstrate ability to perform kickboxing techniques and adjust to various combative conditions</p>		<p>4.8</p>	<p>Surpasses Expectation level</p>	<p><b>TEST STUDENTS INDIVIDUALLY DURING PRACTICAL EXAMS .</b></p> <p>Include handouts throughout the semester on ways to improve outside the classroom and add different techniques into everyday activities.</p>
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