

COURSE SLO ASSESSMENT REPORT, SCC

Department: Exercise Science Course: Exer_130

Year: 2011 Semester: Fall 2011

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. This course has helped me learn and implement exercise techniques into my personalized workout routine.</p> <p>2. This course has helped me understand the concept of target heart rate and how it applies to me.</p>	<p>Grading Scale of 1-5; 5 Highly effective, 1 Not effective</p>	<p>Respondents 435 4.39</p> <p>Respondents 440 4.44</p>	<p>Surpasses expectation levels</p>	