

COURSE SLO ASSESSMENT REPORT, SCC

Department: Exercise Science Course: Exer_135

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 use appropriate exercises at the appropriate intensity to reach my target heart rate.</p> <p>2. This course has helped me learn techniques to build strength, endurance and flexibility.</p>	<p>Grading Scale of 1-5; 5 Highly effective, 1 Not effective</p>	<p>Respondents 110 4.4</p> <p>Respondents 113 4.52</p>	<p>Surpasses expectation levels</p>	