

**COURSE SLO ASSESSMENT REPORT, SCC**

Department: Exercise Science Course: Exer\_135

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>Students will demonstrate the use of appropriate exercises at the appropriate intensity to reach personal target heart rates.</p> <p>2. Students will demonstrate understanding of techniques to build strength, endurance and flexibility.</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>55 respondents Question 1 – 4.65 Question 2 – 4.62</p>	<p>Surpasses Expectations</p>	<p>Continue to provide the same quality of instruction.</p> <p>Continue to stay current on upcoming trends in the fitness world and provide innovative ideas to the students.</p>