

**COURSE SLO ASSESSMENT REPORT, SCC**

Department: Exercise Science Course: Exer\_135

Year: 2012-13 Semester: Spring 2013

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 use critical thinking skills to use the appropriate exercises at the appropriate intensity to reach their established target heart rate.</p> <p>2. Students will learn various movement patterns that will build strength, endurance, and flexibility of the body.</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>108 respondents</p> <p>Question 1:</p> <p>1-7 2-11 3-20 4-21 5-49</p> <p>Question 1 – 3.87 65%</p> <p>Question 2:</p> <p>1-10 2-7 3-14 4-20 5-57</p> <p>Question 2 – 3.99 71%</p>	<p>Surpasses Expectations</p>	<p>Continue to provide the same quality of instruction. Continue to stay current on upcoming trends in the fitness world and provide innovative ideas to the students.</p> <p>Instructors will clearly explain target heart rate and demonstrate how to use your heart rate to get the most benefit from your workout.</p> <p>Instructors will show different uses of equipment to help students vary their workouts and gain more strength and flexibility.</p>