

**COURSE SLO ASSESSMENT REPORT, SCC**

Department: Exercise Science Course: Exer 143

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>1. Students will analyze and assess how yoga can be incorporated into their lifestyle with a view to long term physiological and psychological benefits.</p> <p>2 Students will demonstrate flexibility, muscular</p>	<p>Grading Scale of 1-5; 5 Highly effective, 1 Not effective</p>	<p>4.7 66 participants</p> <p>4.95 66 participants</p>	<p>Surpasses expectation levels</p>	<p>Add in more of a history of Yoga and continue to talk about benefits not only physically but also mentally. Include the students in introducing new poses and explaining the benefits of each pose.</p> <p><b>INCORPORATE STRATEGIES IN WHICH TO INCORPORATE YOGA PHYSIOLOGICAL AND PSYCHOLOGICAL EXERCISES IN EVERY DAY LIFE ROUTINES.</b></p> <p>Continue to remind students of proper alignment as they get more familiar with the poses.</p>

<p>strength, and coordinate body movement, maintaining body alignment against gravity.</p>				<p>Include more flexibility testing throughout the semester.</p> <p>Continue to keep my teaching practices current and expand my knowledge of content area by maintaining my own study and practice of yoga; continuing to take classes, professional workshops, and training courses; and gathering input from students throughout each semester to determine their progress, interest (strengthening, stretching, stress-relief, etc), and needs (anatomical adjustments, alignment, balance, knowledge of poses and yoga fundamentals).</p>
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