

COURSE SLO ASSESSMENT REPORT, SCC

Department: Exercise Science Course: Exer 240/241

Year: 2011 Semester: Fall 2011

Faculty Member: Cummins

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 demonstrate the ability to evaluate and effectively adjust racing strategies in response to the physical course conditions and unique human dynamic that develops during a long-distance running race.</p> <p>2. Students will learn the concept of training periodization and how to apply it to the achievement of a chronologically planned peak in physical</p>	<p>Grading Scale 1-5; 5 Highly effective 1 not effective.</p>	<p>AVERAGE SCORE (29 Responses): 4.655</p> <p>AVERAGE SCORE (29 Responses): 4.655</p>	<p>Surpasses expectation levels</p>	

<p>performance.</p> <p>3. Students will learn how to recognize and modify running pace based on the distance and intensity goals established for a running session.</p>		<p>AVERAGE SCORE (29 Responses): 4.724</p>		
---	--	--	--	--