

COURSE SLO ASSESSMENT REPORT, SCC

Department: Exercise Science Course: EXER 240 / 241

Year: 2012-13 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>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>Self-Assessment on a Sliding Scale of 1-5: 1 Not Effective, 2 Only Slightly Effective, 3 Moderately Effective, 4 Effective, 5 Highly Effective.</p> <p>Success = 3.5+</p>	<p>Average: 4.643 (42 respondents)</p>	<p>Surpasses expectation levels</p>	<p>Continue to stay current in content areas and incorporate technology where appropriate.</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 performance.</p>	<p>Self-Assessment on a Sliding Scale of 1-5: 1 Not Effective, 2 Only Slightly Effective, 3 Moderately Effective, 4 Effective, 5 Highly Effective.</p> <p>Success = 3.5+</p>	<p>Average: 4.643 (42 respondents)</p>	<p>Surpasses expectation levels</p>	<p>Continue to stay current in content areas and incorporate technology where appropriate.</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>Self-Assessment on a Sliding Scale of 1-5: 1 Not Effective, 2 Only Slightly Effective, 3 Moderately Effective, 4 Effective, 5 Highly Effective.</p> <p>Success = 3.5+</p>	<p>Average: 4.690 (42 respondents)</p>	<p>Surpasses expectation levels</p>	<p>Continue to stay current in content areas and incorporate technology where appropriate.</p>
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