

Course Student Learning Outcomes Assessment

KIN 120A Basic Aerobics

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General Information (Course Student Learning Outcomes Assessment)

Standing Requirements

📖 Course Description

Aerobic exercises strength routines and stretching activities set to music designed to improve cardiovascular endurance and enhance muscular strength and flexibility.

📖 Course Student Learning Outcomes

KIN 120A Basic Aerobics Outcome Set

Outcome

Outcome

Outcome 1
Students will demonstrate critical thinking by evaluating how to incorporate aerobic activity in to their lifestyle in pursuit of lifelong health.

Outcome 2
Students will learn techniques and fitness concepts, with a view to improving aerobic fitness.

Mapping

Institutional Student Learning Outcomes: Act 1, Act 2, Act 3, Communicate 1, Communicate 2, Communicate 3, Learn 1, Learn 2, Learn 3, Think 1, Think 2, Think 3

Institutional Student Learning Outcomes: Act 1, Act 2, Act 3, Communicate 1, Communicate 2, Communicate 3, Learn 1, Learn 2, Learn 3, Think 1, Think 2, Think 3

2014-2015 Assessment Cycle

Measurements

Outcomes and Measures

KIN 120A Basic Aerobics Outcome Set

Outcome

Outcome 1

Students will demonstrate critical thinking by evaluating how to incorporate aerobic activity in to their lifestyle in pursuit of lifelong health.

▼ **Measure:** Lifestyle
Course level; Indirect - Survey

Description of Measurement Tool: Self-assessment on a sliding scale of 1-5; 1 Not at all, 5 to a great degree.

Criteria for Success: Individual & Collective Student Criterion: 70%+ scoring at 4 or 5.
Class average 3.5+

Cycle of Assessment: Spring

Who is Responsible for Assessment Activity?: Instructor

Outcome 2

Students will learn techniques and fitness concepts, with a view to improving aerobic fitness.

▼ **Measure:** Techniques and Concepts
Course level; Indirect - Survey

Description of Measurement Tool: Self-assessment on a sliding scale of 1-5; 1 Not at all, 5 to a great degree.

Criteria for Success: Individual & Collective Student Criterion: 70%+ scoring at 4 or 5.
Class average 3.5+

Cycle of Assessment: Spring

Who is Responsible for Assessment Activity?: Instructor

Findings

Finding per Measure

KIN 120A Basic Aerobics Outcome Set

Outcome

Outcome 1

Students will demonstrate critical thinking by evaluating how to incorporate aerobic activity in to their lifestyle in pursuit of lifelong health.

▼ **Measure:** Lifestyle
Course level; Indirect - Survey

Description of Measurement Tool: Self-assessment on a sliding scale of 1-5; 1 Not at all, 5 to a great degree.

Criteria for Success: Individual & Collective Student Criterion: 70%+ scoring at 4 or 5.
Class average 3.5+

Cycle of Assessment: Spring

Who is Responsible for Assessment Activity?: Instructor

Findings for Lifestyle**Summary of Findings:**

25 Respondents

1. Average: 4.56

16 x 5

7 x 4

2 -3

92% 4's and 5's

Results: Criteria for Success Achievement Status: Exceeded**Analysis of Findings:** Surpasses expectation level.**Recommendations:** Give students more opportunities to apply what they have learned by having them create their own aerobic workout or series of workouts. This will allow students to critically think about the principles of the class and apply them on their own, giving them a true vision on how to continue their pursuit of lifelong health.**Outcome 2**

Students will learn techniques and fitness concepts, with a view to improving aerobic fitness.

Measure: Techniques and Concepts

Course level; Indirect - Survey

Description of Measurement Tool: Self-assessment on a sliding scale of 1-5; 1 Not at all, 5 to a great degree.**Criteria for Success: Individual & Collective Student Criterion:** 70%+ scoring at 4 or 5. Class average 3.5+**Cycle of Assessment:** Spring**Who is Responsible for Assessment Activity?:** Instructor**Findings for Techniques and Concepts****Summary of Findings:** Average: 4.8

21 x 5

3 x 4

1 -3

96% 4's and 5's

Results: Criteria for Success Achievement Status: Exceeded**Analysis of Findings:** Surpasses expectation level**Recommendations:** Give students more opportunities to apply what they have learned by having them create their own aerobic workout or series of workouts. This will allow students to critically think about the principles of the class and apply them on their own, giving them a true vision on how to continue their pursuit of lifelong health.**Overall Recommendations***No text specified***Plans of Action**

 **Status Reports**

2013-2014 Assessment Cycle

Measurements

Outcomes and Measures

KIN 120A Basic Aerobics Outcome Set

Outcome

Outcome 1

Students will demonstrate critical thinking by evaluating how to incorporate aerobic activity in to their lifestyle in pursuit of lifelong health.

▼ **Measure:** Lifestyle
Course level; Indirect - Survey

Description of Measurement Tool: Self-assessment on a sliding scale of 1-5; 1 Not at all, 5 to a great degree.

Criteria for Success: Individual & Collective Student Criterion: Success 3.5+

Cycle of Assessment: Spring

Who is Responsible for Assessment Activity?: Instructor

Outcome 2

Students will learn techniques and fitness concepts, with a view to improving aerobic fitness.

▼ **Measure:** Techniques and Concepts
Course level; Indirect - Survey

Description of Measurement Tool: Self-assessment on a sliding scale of 1-5; 1 Not at all, 5 to a great degree.

Criteria for Success: Individual & Collective Student Criterion: Success 3.5+

Cycle of Assessment: Spring

Who is Responsible for Assessment Activity?: Instructor

Findings

Finding per Measure

KIN 120A Basic Aerobics Outcome Set

Outcome

Outcome 1

Students will demonstrate critical thinking by evaluating how to incorporate aerobic activity in to their lifestyle in pursuit of lifelong health.

▼ **Measure:** Lifestyle
Course level; Indirect - Survey

Description of Measurement Tool: Self-assessment on a sliding scale of 1-5; 1 Not at all, 5 to a great degree.

Criteria for Success: Individual & Collective Student Criterion: Success 3.5+

Cycle of Assessment: Spring

Who is Responsible for Assessment Activity?: Instructor

Findings for Lifestyle

Summary of Findings: 4.84

0-0
1-0
2-0
3-0
4-2
5-11

Total: 13

100%

Results: Criteria for Success Achievement Status: Exceeded

Analysis of Findings: Exceeds expectations

Recommendations:

Outcome 2

Students will learn techniques and fitness concepts, with a view to improving aerobic fitness.

▼ **Measure:** Techniques and Concepts
Course level; Indirect - Survey

Description of Measurement Tool: Self-assessment on a sliding scale of 1-5; 1 Not at all, 5 to a great degree.

Criteria for Success: Individual & Collective Student Criterion: Success 3.5+

Cycle of Assessment: Spring

Who is Responsible for Assessment Activity?: Instructor

Findings for Techniques and Concepts

Summary of Findings: 4.92

0-0
1-0
2-0
3-0
4-1
5-12

Total: 13

100%

Results: Criteria for Success Achievement Status: Exceeded

Analysis of Findings: Exceeds expectations

Recommendations:

Overall Recommendations

No text specified

 **Plans of Action**

Status Reports

2012-2013 Assessment Cycle

 **Measurements**

 **Findings**

 **Plans of Action**

 **Status Reports**