

Course Student Learning Outcomes Assessment

KIN 125B Intermediate Cardio Kickboxing

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Table of Contents

General Information	1
Standing Requirements	2
Course Description.....	2
Course Student Learning Outcomes.....	2
2014-2015 Assessment Cycle	3
Measurements.....	3
Findings.....	3
Plans of Action.....	4
Status Reports.....	4
2013-2014 Assessment Cycle	6
Measurements.....	6
Findings.....	6
Plans of Action.....	7
Status Reports.....	7
2012-2013 Assessment Cycle	8
Measurements.....	8
Findings.....	8
Plans of Action.....	8
Status Reports.....	8

General Information (Course Student Learning Outcomes Assessment)

Standing Requirements

📖 Course Description

This intermediate level Cardio Boxing class will emphasize combative maneuvers that will enhance the cardiovascular fitness level as well as the personal safety of the students at an enhanced level of instruction.

📖 Course Student Learning Outcomes

KIN 125B Intermediate Cardio Kickboxing Outcome Set

Outcome

Outcome

Outcome 1
Students will critically analyze the use of intermediate level striking techniques used in various circumstances with a view to improving their cardiovascular fitness and personal safety.

Outcome 2
Students will demonstrate proper technique through the practice of routines.

Mapping

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

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

2014-2015 Assessment Cycle

Measurements

Outcomes and Measures

KIN 125B Intermediate Cardio Kickboxing Outcome Set

Outcome

Outcome 1

Students will critically analyze the use of intermediate level striking techniques used in various circumstances with a view to improving their cardiovascular fitness and personal safety.

▼ **Measure:** Cardio-vascular Fitness
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 demonstrate proper technique through the practice of routines.

▼ **Measure:** Technique
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 125B Intermediate Cardio Kickboxing Outcome Set

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Outcome 1

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Cycle of Assessment: Spring

Who is Responsible for Assessment Activity?: Instructor

Findings for Cardio-vascular Fitness

Summary of Findings:

36 Respondents
Average 4.78

28x5
8x4
0x3
0x2
0x1

100% success

Results: Criteria for Success Achievement Status: Exceeded

Analysis of Findings: Surpasses expectation level

Recommendations: To improve the course, I would spend a few more sessions focusing more on Technique and less on Cardio. This will help improve the students efficiency and overall benefit from the combative movements. This will help to eliminate any potential situations for injury.

Outcome 2

Students will demonstrate proper technique through the practice of routines.

Measure: Technique
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 Technique

Summary of Findings: 36 Respondents
Average 4.91

33x5
3x4

100% success

Results: Criteria for Success Achievement Status: Exceeded

Analysis of Findings: Surpasses expectation level

Recommendations: Challenge the partners to cooperate at a higher level. Keep most activities very basic in terms of the necessary cooperation. Plan to vary partners more often.

Overall Recommendations

No text specified

Plans of Action

Status Reports

2013-2014 Assessment Cycle

Measurements

Outcomes and Measures

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Who is Responsible for Assessment Activity?: Instructor

Findings

Finding per Measure

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

Cycle of Assessment: Spring

Who is Responsible for Assessment Activity?: Instructor

Findings for Cardio-vascular Fitness

Summary of Findings: Total: 64 respondents
4.61 average

0-0
1-0
2-1
3-4
4-14
5-4

93%

Results: Criteria for Success Achievement Status: Exceeded

Analysis of Findings: Exceeds expectations

Recommendations:

Outcome 2

Students will demonstrate proper technique through the practice of routines.

▼ **Measure:** Technique
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 Technique

Summary of Findings: Total: 64 respondents
Average 4.67

0-0
1-0
2-0
3-4
4-13
5-47

94%

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**