

Course Student Learning Outcomes Assessment

KIN 127B Intermediate Yoga

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General Information (Course Student Learning Outcomes Assessment)

Standing Requirements

📖 Course Description

This intermediate level yoga class is an exercise program that emphasizes the practice of postures that strengthen the body improve flexibility and create a feeling of well-being.

📖 Course Student Learning Outcomes

KIN 127B Intermediate Yoga Outcome Set

Outcome	
Outcome	Mapping
Outcome 1 Student will demonstrate understanding of techniques for relaxation through focusing on breathing.	Institutional Student Learning Outcomes: Act 1, Act 2, Act 3, Communicate 1, Communicate 2, Learn 1, Learn 2, Learn 3, Think 1, Think 2, Think 3
Outcome 2 Student will demonstrate understanding of intermediate level yoga poses for increased strength, and improved flexibility and balance.	Institutional Student Learning Outcomes: Act 1, Act 2, Act 3, Communicate 1, Communicate 2, Learn 1, Learn 3, Think 1, Think 2, Think 3

2014-2015 Assessment Cycle

Measurements

Outcomes and Measures

KIN 127B Intermediate Yoga Outcome Set

Outcome

Outcome 1

Student will demonstrate understanding of techniques for relaxation through focusing on breathing.

▼ **Measure:** Breathing
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

Student will demonstrate understanding of intermediate level yoga poses for increased strength, and improved flexibility and balance.

▼ **Measure:** Strength, Flexibility, Balance
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 127B Intermediate Yoga Outcome Set

Outcome

Outcome 1

Student will demonstrate understanding of techniques for relaxation through focusing on breathing.

▼ **Measure:** Breathing
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 Breathing

Summary of Findings:

Average: 4.93

Total Collected: 29

5 X 27

4 X 2

3 X 0

100% success

Results: Criteria for Success Achievement Status: Exceeded

Analysis of Findings: Surpasses expectation level

Recommendations: Continue to provide students with multiple avenues for relaxation, including breathwork, meditation, and stress management techniques.

Outcome 2

Student will demonstrate understanding of intermediate level yoga poses for increased strength, and improved flexibility and balance.

▼ **Measure:** Strength, Flexibility, Balance
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 Strength, Flexibility, Balance

Summary of Findings: Average: 4.86

Total Collected: 29

5 X 25

4 X 4

3 X 0

100% success

Results: Criteria for Success Achievement Status: Exceeded

Analysis of Findings: Surpasses expectation level

Recommendations: Continue to have regular posture practice throughout the semester when lectures are being given.

Overall Recommendations

No text specified

 **Plans of Action**

Status Reports

2013-2014 Assessment Cycle

Measurements

Outcomes and Measures

KIN 127B Intermediate Yoga Outcome Set

Outcome

Outcome 1

Student will demonstrate understanding of techniques for relaxation through focusing on breathing.

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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

Student will demonstrate understanding of intermediate level yoga poses for increased strength, and improved flexibility and balance.

▼ **Measure:** Strength, Flexibility, Balance
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 127B Intermediate Yoga Outcome Set

Outcome

Outcome 1

Student will demonstrate understanding of techniques for relaxation through focusing on breathing.

▼ **Measure:** Breathing
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 Breathing

Summary of Findings: 49 respondents

Average 4.63

36 x 5

8 x 4

5 x 3

94%

Results: Criteria for Success Achievement Status: Exceeded

Analysis of Findings: Exceeds expectations

Recommendations:

Outcome 2

Student will demonstrate understanding of intermediate level yoga poses for increased strength, and improved flexibility and balance.

▼ **Measure:** Strength, Flexibility, Balance
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 Strength, Flexibility, Balance

Summary of Findings: 49 respondents

Average 4.95

44 x 5

4 x 4

1 x 3

90%

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**