

Course Student Learning Outcomes Assessment

KIN 201 Conditioning for Athletes-Co-Ed

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General Information (Course Student Learning Outcomes Assessment)

Standing Requirements

📖 Course Description

An instructor supervised exercise program designed for athletes who participate in sports. Emphasis will be on the development of speed endurance flexibility and strength.

📖 Course Student Learning Outcomes

KIN 201 Conditioning for Athletes-Co-Ed Outcome Set

Outcome	
Outcome	Mapping
Outcome 1 Students will use critical thinking skills to learn and apply the appropriate exercise techniques to increase their athletic performance.	Institutional Student Learning Outcomes: Act 1, Communicate 1, Learn 1, Learn 3, Think 2, Think 3
Outcome 2 Students will learn how to incorporate exercise into their lifestyle to promote lifelong health.	Institutional Student Learning Outcomes: Act 2, Act 3, Communicate 2, Communicate 3, Learn 2, Think 1, Think 2, Think 3

2014-2015 Assessment Cycle

Measurements

Outcomes and Measures

KIN 201 Conditioning for Athletes-Co-Ed Outcome Set

Outcome

Outcome 1

Students will use critical thinking skills to learn and apply the appropriate exercise techniques to increase their athletic performance.

▼ **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

Outcome 2

Students will learn how to incorporate exercise into their lifestyle to promote lifelong health.

▼ **Measure:** Lifelong Health
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 201 Conditioning for Athletes-Co-Ed Outcome Set

Outcome

Outcome 1

Students will use critical thinking skills to learn and apply the appropriate exercise techniques to increase their athletic performance.

▼ **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: Average: 4.708
(24 respondents)

- "5" x 19
- "4" x 3
- "3" x 2
- "2" x 0
- "1" x 0

92% success

Results: Criteria for Success Achievement Status: Exceeded

Analysis of Findings: Surpasses expectation levels

Recommendations: Continue to stay current in content areas and incorporate technology where appropriate in order to more effectively instruct students in the biomechanics and technical event skills of their sport.

Outcome 2

Students will learn how to incorporate exercise into their lifestyle to promote lifelong health.

▼ **Measure:** Lifelong Health
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 Lifelong Health

Summary of Findings: Average: 4.875
(24 respondents)

- "5" x 22
- "4" x 1
- "3" x 1
- "2" x 0
- "1" x 0

96% success

Results: Criteria for Success Achievement Status: Exceeded

Analysis of Findings: Surpasses expectation levels

Recommendations: Continue to stay current in content areas and incorporate technology where appropriate. Discuss goal-setting and the physiological adaptation process with students so they have a greater understanding of how their training activities relate to their long-term health and improvement in their physical performance and quality of life.



Overall Recommendations

No text specified

 **Plans of Action**

 **Status Reports**

2013-2014 Assessment Cycle

Measurements

Outcomes and Measures

KIN 201 Conditioning for Athletes-Co-Ed Outcome Set

Outcome

Outcome 1

Students will use critical thinking skills to learn and apply the appropriate exercise techniques to increase their athletic performance.

▼ **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

Outcome 2

Students will learn how to incorporate exercise into their lifestyle to promote lifelong health.

▼ **Measure:** Lifelong Health
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 201 Conditioning for Athletes-Co-Ed Outcome Set

Outcome

Outcome 1

Students will use critical thinking skills to learn and apply the appropriate exercise techniques to increase their athletic performance.

▼ **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: Average: 4.840
(25 respondents)

"5" x 21
"4" x 4

100%

Results: Criteria for Success Achievement Status: Exceeded

Analysis of Findings: Exceeds expectations

Recommendations:

Outcome 2

Students will learn how to incorporate exercise into their lifestyle to promote lifelong health.

▼ **Measure:** Lifelong Health
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 Lifelong Health

Summary of Findings: Average: 5.000
(25 respondents)

"5" x 25

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**