

# **Course Student Learning Outcomes Assessment**

**KIN 255 Cross Country Team-Men**

**Created on: 09/17/2013 01:47:00 PM PST  
Last Modified: 11/13/2015 05:52:00 PM PST**

# Table of Contents

<b>General Information</b>	<b>1</b>
<b>Standing Requirements</b>	<b>2</b>
Course Description.....	2
Course Student Learning Outcomes.....	2
<b>2014-2015 Assessment Cycle</b>	<b>3</b>
Measurements.....	3
Findings.....	3
Plans of Action.....	5
Status Reports.....	5
<b>2013-2014 Assessment Cycle</b>	<b>6</b>
Measurements.....	6
Findings.....	6
Plans of Action.....	8
Status Reports.....	8
<b>2012-2013 Assessment Cycle</b>	<b>9</b>
Measurements.....	9
Findings.....	9
Plans of Action.....	9
Status Reports.....	9

## **General Information (Course Student Learning Outcomes Assessment)**

---

# Standing Requirements

## 📖 Course Description

A high-level competitive program for male students with exceptional cross country talent. Students must meet California Community College Athletic Association (CCCAA) eligibility requirements and pass a health screening prior to participation.

## 📖 Course Student Learning Outcomes

### KIN 255 Cross Country Team-Men Outcome Set

Outcome	
Outcome	Mapping
Outcome 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.	<b>Institutional Student Learning Outcomes:</b> Act 1, Act 2, Act 3, Communicate 1, Learn 1, Learn 3, Think 1, Think 2, Think 3
Outcome 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.	<b>Institutional Student Learning Outcomes:</b> Act 1, Act 2, Act 3, Learn 1, Learn 3, Think 1, Think 2, Think 3
Outcome 3 Students will learn how to recognize and modify running pace based on the distance and intensity goals established for a running session.	<b>Institutional Student Learning Outcomes:</b> Act 2, Act 3, Communicate 1, Learn 1, Learn 3, Think 1, Think 2, Think 3

# 2014-2015 Assessment Cycle

## Measurements

### Outcomes and Measures

#### KIN 255 Cross Country Team-Men Outcome Set

##### Outcome

###### Outcome 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.

▼ **Measure:** Strategy  
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% of respondents score at above 3.5

**Cycle of Assessment:** Spring

**Who is Responsible for Assessment Activity?:** Instructor

###### Outcome 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.

▼ **Measure:** Periodization  
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% of respondents score at above 3.5

**Cycle of Assessment:** Spring

**Who is Responsible for Assessment Activity?:** Instructor

###### Outcome 3

Students will learn how to recognize and modify running pace based on the distance and intensity goals established for a running session.

▼ **Measure:** Modifications  
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% of respondents score at above 3.5

**Cycle of Assessment:** Spring

**Who is Responsible for Assessment Activity?:** Instructor

## Findings

**Finding per Measure**

**KIN 255 Cross Country Team-Men Outcome Set**

**Outcome**

**Outcome 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.

▼ **Measure:** Strategy  
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% of respondents score at above 3.5

**Cycle of Assessment:** Spring

**Who is Responsible for Assessment Activity?:** Instructor

**Findings for Strategy**

**Summary of Findings:** Average: 4.680  
(25 respondents)

"5" x 17  
"4" x 8

100% success

**Results:** Criteria for Success Achievement Status: Exceeded

**Analysis of Findings:** Surpasses expectations

**Recommendations:** Continue to stay current in content areas and incorporate technology where appropriate. Utilize pre-race visualization and strategy sessions to prepare students before competition. Conduct subjective post-race evaluations to identify positive and negative performance factors & identify areas for improvement.

**Outcome 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.

▼ **Measure:** Periodization  
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% of respondents score at above 3.5

**Cycle of Assessment:** Spring

**Who is Responsible for Assessment Activity?:** Instructor

**Findings for Periodization**

**Summary of Findings:** Average: 4.720  
(25 respondents)

"5" x 18  
"4" x 7

100% success

**Results:** Criteria for Success Achievement Status: Exceeded

**Analysis of Findings:** Surpasses expectation

**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 performance outcomes.

**Outcome 3**

Students will learn how to recognize and modify running pace based on the distance and intensity goals established for a running session.

▼ **Measure:** Modifications  
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% of respondents score at above 3.5

**Cycle of Assessment:** Spring

**Who is Responsible for Assessment Activity?:** Instructor

**Findings for Modifications**

**Summary of Findings:** Average: 4.720  
(25 respondents)

"5" x 18

"4" x 7

100% success

**Results:** Criteria for Success Achievement Status: Exceeded

**Analysis of Findings:** Surpasses expectation

**Recommendations:** Continue to stay current in content areas and incorporate technology where appropriate. Incorporate timed interval training sessions and review interval splits with students to enhance their understanding of the effects that correct and incorrect pacing have on overall performance success within the session.

**Overall Recommendations**

*No text specified*

 **Plans of Action**

 **Status Reports**

# 2013-2014 Assessment Cycle

## Measurements

### Outcomes and Measures

#### KIN 255 Cross Country Team-Men Outcome Set

##### Outcome

###### Outcome 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.

▼ **Measure:** Strategy  
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 the concept of training periodization and how to apply it to the achievement of a chronologically planned peak in physical performance.

▼ **Measure:** Periodization  
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 3

Students will learn how to recognize and modify running pace based on the distance and intensity goals established for a running session.

▼ **Measure:** Modifications  
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 255 Cross Country Team-Men Outcome Set

### Outcome

#### Outcome 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.

▼ **Measure:** Strategy  
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 Strategy

**Summary of Findings:** Average: 4.857  
42 respondents (combined with Kin 256)

"5" x 36  
"4" x 6  
"3" x 0  
"2" x 0  
"1" x 0

100%

**Results:** Criteria for Success Achievement Status: Exceeded

**Analysis of Findings:** Exceeds expectations

**Recommendations:**

#### Outcome 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.

▼ **Measure:** Periodization  
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 Periodization

**Summary of Findings:** Average: 4.857  
42 respondents (combined with Kin 256)

"5" x 36  
"4" x 6  
"3" x 0  
"2" x 0  
"1" x 0

100%

**Results:** Criteria for Success Achievement Status: Exceeded

**Analysis of Findings:** Exceeds expectations

**Recommendations:**

**Outcome 3**

Students will learn how to recognize and modify running pace based on the distance and intensity goals established for a running session.

▼ **Measure:** Modifications  
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 Modifications

**Summary of Findings:** Average: 4.857  
42 respondents (combined with Kin 256)

- "5" x 36
- "4" x 6
- "3" x 0
- "2" x 0
- "1" x 0

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**