

Course Student Learning Outcomes Assessment

KIN 256 Cross Country Team-Women

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General Information (Course Student Learning Outcomes Assessment)

Standing Requirements

Course Description

A high-level competitive program for female 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 256 Cross Country Team-Women 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.	Institutional Student Learning Outcomes: 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.	Institutional Student Learning Outcomes: 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.	Institutional Student Learning Outcomes: 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 256 Cross Country Team-Women 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 succeed 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 succeed 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:** Modification
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 succeed at above 3.5

Cycle of Assessment: Spring

Who is Responsible for Assessment Activity?: Instructor

Findings

Finding per Measure

KIN 256 Cross Country Team-Women Outcome Set

Outcome

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Cycle of Assessment: Spring

Who is Responsible for Assessment Activity?: Instructor

Findings for Strategy

Summary of Findings: Included in Kin 255 findings

Results: Criteria for Success Achievement Status: Exceeded

Analysis of Findings: Surpasses 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.

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Summary of Findings: Included in Kin 255 findings

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Criteria for Success: Individual & Collective Student Criterion: 70% of respondents succeed at above 3.5

Cycle of Assessment: Spring

Who is Responsible for Assessment Activity?: Instructor

Findings for Modification

Summary of Findings: Included in Kin 255 findings

Results: Criteria for Success Achievement Status: Exceeded

Analysis of Findings: Surpasses expectations

Recommendations:

Overall Recommendations

No text specified

◆ **Plans of Action**

◆ **Status Reports**

2013-2014 Assessment Cycle

Measurements

Outcomes and Measures

KIN 256 Cross Country Team-Women Outcome Set

Outcome

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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

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Cycle of Assessment: Spring

Who is Responsible for Assessment Activity?: Instructor

Findings

Finding per Measure

KIN 256 Cross Country Team-Women Outcome Set

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Outcome 1

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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.

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Course level; Indirect - Survey

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Outcome 3

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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

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Summary of Findings: Average: 4.857
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- "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**