

Annual Instructional Program Review Template for 2011-2012
Introduction to The Program Review Process for Instructional Programs

Program Review at Foothill College

Purpose

An effective program review supports continuous quality improvement to enhance student learning outcomes and, ultimately, increase student achievement rates. Program review aims to be a sustainable process that reviews, discusses, and analyzes current practices. The purpose is to encourage program reflection, and to ensure that program planning is related to goals at the institutional and course levels.

Process

Foothill College academic programs that lead to an A.A./A.S. or Certificate(s), or are part of a specialized pathway, such as ESL, Developmental English, Math My Way are reviewed annually using this template, with an in-depth review occurring on a three-year cycle. The specialized pathways may be included as part of the program review for the department, or may be done as a separate document if they are not part of a department that offers a degree or certificate. Faculty and staff in contributing departments will participate in the process. Deans provide feedback upon completion of the template and will forward the program review on to the next stage of the process, including prioritization at the Vice Presidential level, and at OPC and PaRC.

Annual review will address five core areas, and include a place for comments for the faculty and the dean or director.

1. Data and trend analysis
2. Outcomes assessment
3. Program goals and rationale
4. Program resources and support
5. Program strengths/opportunities for improvement
6. Administrator's comments/reflection/next steps

Foothill College Program Review Cycle:

2011-2012 All academic programs participate in an annual program review

2012-2013 1/3 of academic programs participate in comprehensive review, remaining 2/3 of programs update their annual program review

Contact: Office of Instruction and Institutional Research, 650-949-7240

Instructions: Complete this template with data on any degree, certificate, or pathway your department offers. Return the completed form to your Dean on the last day of Fall quarter.

Website: <http://foothill.edu/staff/irs/programplans/index.php>

2011-2012 Submission Deadline:

All program review documents are due to Deans by December 16

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Basic Program Information

Department Name: Kinesiology & Athletics

Program Mission(s): To provide the most effective medical care possible for the Foothill College Intercollegiate Athletes while providing a valuable learning environment for students interested in a broad variety of sports medicine fields

Program review team:

Name	Department	Position
Warren Voyce	KA	Head Athletic Trainer; Program Director; Faculty

Programs* covered by this review

Program Name	Program Type (A.S., C.A., Pathway, etc.)	Units**
Athletic Injury Care	AS	42-48

*If you have a supporting program or pathway in your area for which you will be making resource requests, please analyze it within this program review. For example, ESLL, Math My Way, etc. You will only need to address those data elements that apply.

**Certificates of 27 or more units must be state approved. If you have certificates that are 27 or more units that are not state approved, please indicate your progress on gaining state approval, with the tentative timeline for approval, or your plan for phasing out the certificate.

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Section 1. Data and Trend Analysis

1.1. Program Data will be posted on:

<http://foothill.edu/staff/irs/programplans/programreviewdata.php> for all measures except non-transcriptable completion. Please attach all applicable data sheets to the final Program Review document submitted to your Dean. You may use the boxes below to manually copy data if desired.

Transcriptable Program	2008-2009	2009-2010	2010-2011	% Change
Athletic Injury Care	See Attached	See Attached	See Attached	See Attached

Please provide any non-transcriptable completion data you have available.

Non-Transcriptable Program	2008-2009	2009-2010	2010-2011	% Change

1.2 Department Data

Dimension	2008-2009	2009-2010	2010-2011	% Change
Enrollment	See Attached	See Attached	See Attached	See Attached
Productivity (Goal: 546)	See Attached	See Attached	See Attached	See Attached
Success	See Attached	See Attached	See Attached	See Attached
Full-time FTEF	See Attached	See Attached	See Attached	See Attached
Part-time FTEF	See Attached	See Attached	See Attached	See Attached
Full-time Staff	See Attached	See Attached	See Attached	See Attached
Part-time Staff	See Attached	See Attached	See Attached	See Attached

Department Course Data

Course	2008-2009			2009-2010			2010-2011		
	Enroll.	Prod.	Success	Enroll.	Prod.	Success	Enroll.	Prod.	Success
See Attached	See Attached	See Attached	See Attached	See Attached	See Attached	See Attached	See Attached	See Attached	See Attached

1.3 Using the data and prompts, provide a short narrative analysis of the following indicators.

1. Enrollment trends over the last three years: Is the enrollment in your program holding steady, or is there a noticeable increase or decline? Please comment on the data and analyze the trends.

Many classes are increasing in numbers, particularly the advanced levels of classes (PHED 62B-E). This is due to a renewed focus by faculty, staff and students on program progression and completion.

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2. Completion Rates (Has the number of degrees/certificates held steady, or increased or declined in the last three years? Please comment on the data and analyze the trends.
 - a. AA, AS, transcriptable certificates
Data shows a limited number of Associate Degrees awarded over the last few years. Completion numbers are misleading in that a number of factors are not evident in review of the data, including:
Students focused on transfer complete the easiest path to transfer rather than completing the Athletic Injury Care AS.
There was a lull in students actually declaring the Athletic Injury Care degree in 2008 – 2010, but many students completed the course-work and transfer preparation within the field of study
Entry-level Master's Program, Medical School and Physical Therapy School candidates often participate in our program to increase their knowledge and experience while fulfilling pre-requisites
Student selection of the Athletic Injury Care Major and completion of the AS Degree are a major focus for the program moving forward.
 - b. Local, non-State approved certificates
 - c. Certificates less than 27 units: All certificates less than 27 units should be reviewed carefully to determine if the certificate provides a tangible occupational benefit to the student, such as a job or promotion or higher salary, and documentation should be attached.
3. Productivity: The college productivity goal is 546. (Please analyze the productivity trends in your program and explain factors that affect your productivity, i.e. GE students, size restrictions)
Productivity appears poor, however in this program, the low productivity numbers do not represent a deficit. The Foothill College Sports Medicine Program and Athletic Injury Care Degree exist to fulfill 2 important roles for Foothill College: to provide students with an educational and experience based program to prepare them for careers in a variety of sports medicine fields, and to provide quality medical care for the intercollegiate student-athletes of Foothill College. While the productivity of the internship classes (PHED 62A-E) may seem low, these practicum classes are critical to providing students with the experience necessary to prepare them for a career in sports medicine. In addition to the experience, these students make up the work force to allow our program to provide the quality medical care necessary for over 350 student-athletes on a daily basis. As the Head Athletic Trainer is a Full-Time faculty member, the course load for these internship classes makes up the justification for the time spent providing medical care for the student-athletes in addition to instruction of the internship students, often in excess of 60 hours per week. We continue to investigate the most effective structure to provide for quality medical care and instruction while maximizing productivity.
4. Course Offerings (Comment on the frequency, variety, demand, pre-requisites.) Review the enrollment trends by course. Are there particular courses that are not getting the enrollment or are regularly cancelled due to low enrollment?) – PHED 65A and B are 2 new courses in the program over the last couple of years. Enrollment has started to grow in this specialized class that teaches students valuable hands-on techniques that are used in injury prevention, treatment and rehabilitation. These classes also attract a unique population;

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professional students (certified athletic trainers, personal trainers, strength and conditioning specialists) looking to bolster their skill set.

5. Curriculum and SLOs

- a. Comment on the currency of your curriculum, i.e. are all CORs reviewed for Title 5 compliance at least every three years and do all prerequisites, co-requisites and advisories undergo content review at that time? If not, what is your action plan for bringing your curriculum into compliance? **Review of all Title 5 compliance is planned for Spring of 2012**
- b. Comment on program mapping and how it ties to the college Mission(s).
Students complete progressions of learning over time in the PHED 67A-C and PHED 62A-E courses. Students learn entry-level skills in the initial course levels, and then progress to more advanced techniques in the latter courses. This progression allows students who transfer to a four-year program to start at a much higher level of knowledge and skill, thus preparing them for future success. Students who move directly in to the workforce have a wide breadth of knowledge and experience that makes them highly marketable to employers.
- c. Identify any other programs with which your program has overlap, and comment on the purpose of the overlap.
Physical Education Associates Degree; Personal Trainer Certificate Program; Adaptive Fitness Technician Certificate Program
The foundation of knowledge and experience in athletic injury prevention, recognition, treatment and rehabilitation crosses over a wide variety of careers. Students in these other related programs can benefit from this knowledge and diversity of student interests in classes can lead to greater engagement. Future plans for the PE AA degree include creating a common core curriculum to help bring these students together.
- d. Comment on any recent developments in your discipline which might require modification of existing curriculum and/or the development of new curriculum?
The BIO 40A-C courses (Anatomy and Physiology) currently do not have human cadaver laboratories. Some transfer programs will not accept an Anatomy and Physiology course without a human cadaver laboratory. Students are forced to take this series of courses at another school.
All courses are constantly evaluated and updated to reflect the current theories and practices in sports medicine
- e. Do all of the courses in your program have SLOs identified? Do all programs have program-level student learning outcomes? If not, what is your plan for completing these? **Yes. Assessments and Reflections need completion for PHED 67ABC, PHED 65AB. These will be completed in the Spring of 2012**

6. Basic Skills Programs (Please describe your Program's connection to this core mission, if applicable):

Critical Thinking

Interpersonal Communication

Patient Care and Interaction

Skill Acquisition

Oral presentation and demonstration

Writing Proficiency

MLA / APA Writing Styles, Review of Literature, Presentation of Research

7. Transfer Programs: Articulation (Please describe your Program's connection to this core mission, if applicable)

Primary focus on transfer

Most medical fields require advanced degrees

Program also attractive to Entry Level Master's candidates as well as candidates for Physical Therapy School and Medical School

Additionally, AIC students provide service for over 350 student-athletes who plan to transfer

8. CTE Programs: Labor/Industry Alignment (Please describe your Program's connection to this core mission, if applicable)

Athletic Training listed in US News and World Report as Top 50 Best Careers of 2011

Specialized skills and knowledge in recognizing, treating and rehabilitating athletic injuries

Personal Training / Private Clientele

Strength and Conditioning

Physical Therapist Aide

Section 2. Learning Outcomes Assessment Summary

2.1. Attach 2010-2011 Program Level – Four Column Report for PL-SLO Assessment from TracDat, please contact the Office of Instruction to assist you with this step if needed.

SEE ATTACHED

2.2 Attach 2010-2011 Course-Level – Four Column Report for CL-SLO Assessment from TracDat

SEE ATTACHED

Section 2 Continued: SLO Assessment and Reflection

2.3 Please provide observations and reflection below.

2.3.a Course-Level SLO

What findings can be gathered from the Course Level Assessments?

More time needs to be developed and dedicated for structured instruction in techniques, particularly injury evaluations; Curriculum, equipment and facility must continue to be evaluated and updated in order to stay current with advances in sports medicine.

What curricular changes or review do the data suggest in order for students to be more successful in completing the program?

All course contents are constantly evaluated and adjusted in order to stay current with advances in theories and techniques in sports medicine

How well do the CL-SLOs reflect the knowledge, skills, and abilities students need in order to succeed in this program?

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CL-SLOs are directly related to the Program Level – SLOs. Completion of these course level and program level learning outcomes allow for students to successfully gain the knowledge and experience necessary to prepare for transfer to the next educational level or achieve success entering the workforce. For example, students entering in to an Athletic Training Education program already have a high percentage of the skills that make up their educational competencies. Students entering in to the workforce have the knowledge and experience necessary to allow them to successfully apply quality medical care for their clients or patients.

How has assessment of course-level student learning outcomes led to improvement in student learning in the program?

Changes have been implemented in the scheduling of instructional time for teaching injury evaluations. This has led to more students completing the more advanced levels of the curriculum.
New techniques have been identified as beneficial to be added to the curriculum, such as instrument-assisted soft-tissue mobilization and functional movement screening.

2.3.b Program-Level SLO

What summative findings can be gathered from the Program Level Assessments?

See attached PowerPoint of 2011 Program Assessment. TracDat Program Assessment to be completed Spring 2012.

How has assessment of program-level student learning outcomes led to certificate/degree program improvements?

See above

2.4 Annual Action Plan and Summary: Using the information above, list the program’s action steps, the related [Core Mission objective](#), SLO assessment data and the expected impact on student success.

Action Step	Related SLO assessment (Note applicable data)	Related ESMP Core Mission Goals (Basic Skills, Transfer, Work Force, Stewardship of Resources)	How will this action improve student learning/success?
1 Add/Restructure instruction time for injury evaluations	PHED 62A - E	Basic Skills, Transfer, Workforce	More direct instruction and practice with students
2 Addition of new techniques in sports medicine	PHED 62A – E PHED 67A – C PHED 65A, B	Basic Skills, Transfer, Workforce	Provide student with current theories and skills in sports medicine

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	PHED 66		
3 Instructor continuing education to update on current theories and practices in sports medicine	PHED 62A – E PHED 67A – C PHED 65A, B PHED 66	Basic Skills, Transfer, Workforce	Provide student with current theories and skills in sports medicine

Section 3: Program Goals and Rationale

Program goals should be broad issues and concerns that incorporate some sort of measurable action and should connect to Foothill’s core missions, [Educational & Strategic Master Plan \(ESMP\)](#), the division plan, and SLOs.

3.1 Program relation to college mission/core missions

Prepares students for Transfer or entry to Workforce by teaching Basic Skills and providing entry-level knowledge and experience in a wide variety of sports medicine fields.

3.2 Previous Program Goals from last academic year

Goal	Original Timeline	Actions Taken	Status/Modifications
1 Provide the highest level of quality care possible for 350+ student-athletes each year	Ongoing	All aspects of medical care managed for over 350 student athletes. Over 100 athletes seen on a daily basis. Medical coverage provided for all home and high-risk away events. Athletic Treatment Center staffed for 8+ hours / day, 5-6 days per week	Continue to evaluate the most effective ways to achieve the highest level of medical care.
2 Develop a dynamic learning laboratory where students can learn and experience the latest in sports medicine techniques	Ongoing	New Athletic Treatment Center / Laboratory built (Bond Measure) Equipment added to reflect current practices (Light Therapy, Soft-tissue Oscillation Therapy)	Continue to update equipment and facility to allow for optimal learning and experience.
3 Increase the number of students enrolled in the program	Ongoing	Recruitment of students from other Foothill Courses; Participation in Day on the Hill events; Outreach programs	Continue to maximize outreach opportunities. Increase encouragement of student within the program to progress

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		with Los Altos and Mountain View High Schools	and ultimately complete the Athletic Injury Care AS Degree.
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3.3 New Goals: Goals can be multi-year

Goal	Timeline (long/short-term)	Supporting Action Steps from section 2.4 (if applicable)	How will this goal improve student success or respond to other key college initiatives
1 Secure consistent funding for Athletic Training Intern Position and Assistant Athletic Trainer Overtime	2012 and ongoing	Increased staff allows for more instruction time	Increased student safety; Decreased District Liability; More student instruction;
2 Update all aspects of program to reflect current theories and practices in sports medicine	Ongoing	Addition of sports medicine techniques; Instructor continuing education	Increased effectiveness of medical care for student-athletes. Increased knowledge and experience of students. More successful students transferring on or entering the workforce.
3 Increased interaction with other programs, both from within Foothill College and with outside agencies in order to increase student enrollment	Ongoing		More interaction with other programs and certificates will be mutually beneficial at Foothill. Recruitment of more students through outreach programs will increase enrollment within the program.

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Section 4: Program Resources and Support

4.1 Using the tables below, summarize your program's resource requests.

Full Time Faculty and/or Staff Positions

Position	\$ Amount	Related Goal from Table in section 3.3	Possible funding sources (Lottery, Measure C, Basic Skills, Perkins, etc.)
Athletic Training Intern	\$20,000	Goal 1	
Assistant Athletic Trainer	\$20,000 Overtime	Goal 1	

Reassigned Time

Position	\$ Amount	Related Goal from Table in section 3.3	Possible funding sources (Lottery, Measure C, Basic Skills, Perkins, etc.)
Head Athletic Trainer/Program Director	Load percentage / salary amount negotiable	Goal 2, Goal 3	Investigate salary structural changes to maximize productivity while justifying workload

B Budget Augmentation

B Budget FOAP	\$ Amount	Related Goal from Table in section 3.3	Possible funding sources (Lottery, Measure C, Basic Skills, Perkins, etc.)
Athletic Training B Budget - Tape	\$5000	Goal 2	Lottery

Facilities and Equipment

Facilities/Equipment Description	\$ Amount	Related Goal from Table in section 3.3	Possible funding sources (Lottery, Measure C, Basic Skills, Perkins, etc.)
VHI Software	\$1000	Goal 2	
Uniforms	\$3000	Goal 2, 3	Associated Student Body
Human Cadavers (for BIO 40ABC)		Goal 2	

One-time/Other: (Release time, training, etc.?)

Description	\$ Amount	Related Goal from Table in section 3.3	Possible funding sources (Lottery, Measure C, Basic Skills, Perkins, etc.)
Professional Development	\$5000	Goal 2	
Release Time	Load percentage /	Goal 3	

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	salary amount negotiable		
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Section 5: Program Strengths/Opportunities for Improvement

5.1 Use the matrix provided below and reflect on the program relative to students’ needs, briefly analyze the program’s strengths and weaknesses and identify opportunities and challenges to the program. Consider external and internal factors, such as demographic, economic, educational, and societal trends. Some considerations may include current and future demand for the program, similar programs at other comparable institutions, and potential auxiliary funding.

	INTERNAL FACTORS	EXTERNAL FACTORS
Strengths	<p>Students gain excellent knowledge and experience in a variety of sports medicine fields.</p> <p>Students provide a high level of medical care for the intercollegiate athletes.</p> <p>Dedication of staff allows for tremendous success in managing an enormous workload providing medical care for the student-athletes as well as a blend of theoretical learning with practical experience.</p>	<p>Program has an excellent reputation with Athletic Training Education Programs for providing highly educated and well experienced students. Since 2002, 10 former Foothill Students have gone on to become Certified Athletic Trainers.</p> <p>Student-athletes returning to Foothill report that our standard of care is on par with or greater than many NCAA institutions.</p>
Weaknesses	<p>Students learn in a hands-on laboratory environment. The current number and hours allotment of staff are not adequate to provide for effective medical coverage and quality instruction of the students.</p>	<p>Many local high school students are unaware of the program or proceed directly to the four-year level.</p> <p>Students can transfer to four-year programs by completing other AA/AS degrees rather than the Athletic Injury Care Degree.</p>
Opportunities	<p>Program focus on interaction with students to promote enrollment and completion of Athletic Injury Care AS Degree</p> <p>Professional Development through National Athletic Trainers’ Association to strengthen current faculty</p>	<p>Numerous high school programs are looking to develop relationships with our program.</p>
Threats	<p>Limitations in funding limit supplies, instruction time and professional</p>	<p>Program is symbiotic with Intercollegiate Athletics, which is</p>

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	development opportunities that will serve to enhance the program.	under scrutiny at the State level.
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5.2 Are there any critical issues you expect to face in the coming year? How will you address those challenges?

Funding for the Athletic Training Intern Position is of the highest priority. The Intern Position allows for a more manageable ratio of certified staff to student-athlete as well as provides more instruction for students in their practical experience. Loss of that position would create increase liability for the college, decreased medical care for the student-athletes, and decreased time for instruction within the program. There is no legitimate alternative to personnel to meet this need.

5.3 What statements of concern have been raised in the course of conducting the program review by faculty, administrators, students, or by any member of the program review team regarding overall program viability?

Poor numbers in productivity and completion rates are not reflective of the large numbers of students involved in the program and the exceptional amount of service the program provides to the students of Foothill College. This service includes:

- Reduce Foothill-DeAnza Community College District and Foothill College Liability
- Serve ~350 student-athletes each year
- Coordinate all aspects of medical care
- Pre-participation Physical Exams
- Medical coverage of all practices
- Medical coverage for all home games
- Medical coverage for all Football games (home and away)
- Medical coverage for all Men's and Women's Basketball Games (home and away)
- On-Site Physical Therapy services for student-athletes
- Reduces medical care and insurance cost

5.4 Address the concerns or recommendations that were made in prior program review cycles.

Prior issues that continue to be of concern:

Student enrollment, tracking and completion

Faculty / Staff funding

Curriculum limitations (BIO 40A-C Anatomy and Physiology)

5.5 After reviewing the data, what strengths or positive trends would you like to highlight about your program?

- Since 2003, ~ 30 students have completed the program

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- 10 of those students are now Certified Athletic Trainers
- Students from our program are working in a wide variety of settings and fields
 - Certified Athletic Trainers
 - Professional Teams (MLB, NFL, MLS)
 - NCAA Div. I, Div. II, Div. III
 - High Schools
 - Strength and conditioning professionals
 - Physical Therapists
 - Doctors
- Medical Care for the intercollegiate athletes continues to be administered at the highest level possible. This is reflected in the overall health, safety, and success of the athletic teams, and through feedback from the players and coaches.

Section 6: Feedback and Follow Up
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This section is for the Dean to provide feedback.

6.1 Strengths and successes of the program as evidenced by the data and analysis:

This program provides very intensive and specialized instruction for students and equally importantly provides medical service needed to maintain a competitive intercollegiate athletics program. They provide levels of service and care far beyond the dollars and personnel allocated to them.

6.2 Areas of concern, if any:

The program relies on its intern to maintain staff to student ratios that allow for the needed level of care. Without permanent funding of this position, the program, and therefore the student-athletes are at risk.

6.3 Recommendations for improvement:

Ongoing curriculum review and exploration of possible summer institute to attract more High School students into the program.

6.4 Recommended Next steps:

Proceed as planned on program review schedule

Further review/Out of cycle in-depth review

Unit Course Assessment Report - Four Column

Foothill College

Department - Physical Education (PHED)

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>Department - Physical Education (PHED) - PHED 1 - INTRODUCTION TO PHYSICAL EDUCATION AS A PROFESSION - SLO 1 - Knowledge - Analyze current issues in Physical Education (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Group and individual presentations on relevant Physical Education topics</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: Class interaction/participation, creativity of content and accurate verbal cuing/articulation are all necessary evaluative components of these presentations. If all components are satisfactorily met, students receive a passing point value of completion.</p>		
	<p>Assessment Method: What school, home, and community interventions, taken together or separately, would increase the likelihood of achieving public health goals in the next generation?</p> <p>Assessment Method Type: Essay/Journal</p> <p>Target for Success: 80 % of students include in their essay an effective and detailed plan which would engage the public in a healthy lifestyle utilizing school, home, and community interventions.</p>	<p>04/29/2011 - 60% met the goal. Due to students not turning in assignment the percentage did not meet my target of 80%.</p> <p>Result: Target Not Met</p> <p>Year This Assessment Occurred: 2010-2011</p> <p>Resource Request: Activity meter</p>	<p>04/29/2011 - Due to limited students turning in assignment the percentage lowered and target not met. Action plan - use new activity meter to track student activity.</p>
	<p>Assessment Method: Comprehensive Final Exam - multiple choice, fill in the blank, true/false and short answer</p> <p>Assessment Method Type: Exam - Course Test/Quiz</p> <p>Target for Success: 75% or better is a passing grade</p>		
<p>Department - Physical Education (PHED) - PHED 1 - INTRODUCTION TO PHYSICAL EDUCATION AS A PROFESSION - SLO 2 - Job tasks - Evaluate career options in Physical Education and customize career goals as they relate to Physical Education (Created By Department - Physical Education (PHED))</p>	<p>Assessment Method: Academic research project</p> <p>Assessment Method Type: Research Paper</p> <p>Target for Success: Passing score would be 75% or better</p> <p>Assessment Method: In class discussions/activities that explore</p>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
Assessment Cycles: 2010-2011 2011-2012 2012-2013 Course-Level SLO Status: Active	and examine current professions in Physical Education Assessment Method Type: Discussion/Participation Target for Success: Physical and/or vocal participation		
	Assessment Method: The students will complete a cover letter, resume, reflection, and professional philosophy for their final project. Assessment Method Type: Class/Lab Project Target for Success: 80% of students will have completed the project with given standards.	04/29/2011 - 75% completed project with given standards. Due to lack of projects turned in, the percentage was lower than expected. Result: Target Not Met Year This Assessment Occurred: 2010-2011 Resource Request: Activity meter	04/29/2011 - Percentage was lower than expected and now with use of activity meter, the instructor will track students better.
Department - Physical Education (PHED) - PHED 10A - AQUATICS: LEVEL I, BEGINNING SWIMMING - SLO 1 - Knowledge - Demonstrate basic water safety skills a. floating b. backstroke c. freestyle (Created By Department - Physical Education (PHED))	Assessment Method: Instructor observation Assessment Method Type: Presentation/Performance Target for Success: 100% of student who complete this course will be water safe	10/11/2011 - 100% of the student who completed the quarter were deemed water safe Result: Target Met Year This Assessment Occurred: 2010-2011	10/11/2011 - My experience and aquatics knowledge allows me to teach all learning styles.
Assessment Cycles: 2010-2011 2011-2012 2012-2013		10/11/2011 - 100% of students who completed the class were deemed water safe Result: Target Met Year This Assessment Occurred: 2010-2011	
Course-Level SLO Status: Active		10/05/2011 - 100 percent of the students demonstrated proficiency with floating, backstroke and freestyle Result: Target Met Year This Assessment Occurred: 2010-2011	10/05/2011 - No changes planned based on current success rate.
Department - Physical Education (PHED) - PHED 10A - AQUATICS: LEVEL I, BEGINNING SWIMMING - SLO 2 - Knowledge - Students will demonstrate confidence in and around water. (Created By Department - Physical Education (PHED))	Assessment Method: Instructor Observation Assessment Method Type: Presentation/Performance	10/05/2011 - All students demonstrated confidence in and around the water Result: Target Met Year This Assessment Occurred: 2010-2011	
Assessment Cycles: 2010-2011	Assessment Method: instructor Observation Assessment Method Type:		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
2011-2012 2012-2013	Discussion/Participation Target for Success: 100% of students will be water safe		
Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 10B - AQUATICS: LEVEL II, INTERMEDIATE SWIMMING - SLO 1 - Knowledge - Demonstrate intermediate level skill proficiency in treading water, breaststroke & butterfly. Apply basic knowledge of competitive starts and turns. Improve swimming endurance and overall level of physical fitness. (Created By Department - Physical Education (PHED))	Assessment Method: Instructor Observation Assessment Method Type: Presentation/Performance	10/05/2011 - All students were able to demonstrate swim strokes including sidestroke, breaststroke and backstroke Result: Target Met Year This Assessment Occurred: 2010-2011	10/05/2011 - No changes required
Assessment Cycles: 2010-2011 2011-2012 2012-2013	Assessment Method: Instructor observation Assessment Method Type: Discussion/Participation Target for Success: 85% of students show intermediate level skill proficiency.	10/11/2011 - 85% of the students who completed the course demonstrated intermediate level skill proficiency. Result: Target Met Year This Assessment Occurred: 2010-2011	10/11/2011 - My experience and aquatics knowledge allows me to teach all learning styles.
Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 10B - AQUATICS: LEVEL II, INTERMEDIATE SWIMMING - SLO 2 - Knowledge - Be able to demonstrate a level of skill and strength in the water (Created By Department - Physical Education (PHED))	Assessment Method: Instructor Observation Assessment Method Type: Presentation/Performance	10/05/2011 - All students were capable of swimming at an adequate skill level and strength Result: Target Met Year This Assessment Occurred: 2010-2011	
Assessment Cycles: 2010-2011 2011-2012 2012-2013			
Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 11A - WATER EXERCISE - SLO 1 - Knowledge - Demonstrate the deep water exercise skills of running,cycling and cross country skiing. (Created By Department - Physical Education (PHED))			
Assessment Cycles: 2010-2011 2011-2012 2012-2013			
Course-Level SLO Status: Active			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>Department - Physical Education (PHED) - PHED 11A - WATER EXERCISE - SLO 2 - Application of knowledge - Demonstrate improvement in cardiovascular endurance (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 11B - AQUATIC FITNESS - SLO 1 - Knowledge - Identify the basic training principles of cardiovascular exercise (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 11B - AQUATIC FITNESS - SLO 2 - Application of knowledge - Describe the physiological benefits of regular aerobic water exercise (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 13A - INTERMEDIATE/ADVANCED WATER POLO - SLO 1 - Knowledge - Demonstrate proper technique for passing, shooting and other water polo skills. Apply knowledge of water polo rules and strategy of offensive and defensive game situations. Improve overall physical fitness and endurance. (Created By Department -</p>	<p>Assessment Method: Instructor Observation Assessment Method Type: Discussion/Participation Target for Success: 75% of students who complete this course will show proper technique and an understanding for the game of water polo</p>	<p>10/11/2011 - 75% of the students who completed this course did demonstrate proper technique and an understanding for the game of water polo Result: Target Met Year This Assessment Occurred: 2010-2011</p>	<p>10/11/2011 - My experience and aquatics knowledge allows me to teach all learning styles.</p>

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 13A - INTERMEDIATE/ADVANCED WATER POLO - SLO 2 - Application of knowledge - Demonstrate increasing proficiency in the intermediate/advanced skills for waterpolo (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 19A - FUNDAMENTALS OF TAI CHI - SLO 1 - Application of Knowledge - Analyze the relationship of mind-body through the practice of Tai Chi (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Course-Level SLO Status: Active	Assessment Method: Pre/Post Test to evaluate initial and final skill and technical level of proficiency in demonstrating the relationship of mind-body through the practice of Tai Chi. Assessment Method Type: Pre/Post Test Target for Success: 80% of students will pass the class.	10/12/2011 - 90% of Students learned the body alignment when performing the Tai Chi form as well as the executing the Tai Chi movements with intention. This was ensured with instructor demonstrating each Tai Chi movement with application in class. Standing meditation (Qigong) was also taught to help students align major acupressure points so that each student will be able to achieve optimal body posture to maximize internal energy flow... Final test was given at the end of the semester to ensure students learned those major acupressure points. Result: Target Met Year This Assessment Occurred: 2010-2011 Resource Request: Class Description and acupressure points chart was given to students at the beginning of the semester. Final test was based on this hand out.	
Department - Physical Education (PHED) - PHED 19A - FUNDAMENTALS OF TAI CHI - SLO 2 - Application of knowledge -	Assessment Method: Pre/Post Test to evaluate initial and final skill and technical level of proficiency in the basic	10/12/2011 - 95% of students came to Tai chi class without the awareness of external body balance an internal mind balance are connected.	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>Demonstrate improved coordination, flexibility and balance by incorporating the basic techniques of Tai Chi (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>techniques of Tai Chi.</p> <p>Assessment Method Type: Pre/Post Test</p> <p>Target for Success: 80% of students will pass the class.</p>	<p>Silk Reeling Exercises is part of the Tai Chi exercises and this exercises are a series of connected spiral movements used to facilitate the development of the basic strength and coordination i the practice of Tai Chi practice. These spiral movements will open up and exercises the 18 manor joints (in sequence from the head to the ankles) of the body as well as promote muscle relaxation and flexibility y reducing physical tension and strain. 90% of Students learned the body alignment when performing the Tai Chi form as well as the executing the Tai Chi movements with intention at the end of the semester. 90% of students were able to maintain body balance with single leg standing by the end of the semester and keeping the upper body upright. This was ensured with instructor demonstrating each Tai Chi movement with body proper body alignments and application in class. Standing meditation (Qigong) was also taught to help students align major acupressure points so that each student will be able to achieve optimal body posture to maximize internal energy flow... Final test was given at the end of the semester to ensure students learned those major acupressure points.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	
<p>Department - Physical Education (PHED) - PHED 19B - KICKBOXING FOR FITNESS - SLO 1 - Application of Knowledge - Perform with an increasing degree of proficiency self-defense skills (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Start Date: 04/04/2011</p> <p>End Date: 06/24/2011</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: pre and post testing on blocking, kicking, punching and evading</p> <p>Assessment Method Type: Pre/Post Test</p> <p>Target for Success: 75% will show progress by the end of the term</p>	<p>10/12/2011 - The majority of students have no previous experience of kickboxing at beginning of Quarter. At end of the quarter, all students became capable to demonstrate proper kicking, punching and evading techniques.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p> <p>Resource Request: Mat for stretch before and after kickboxing</p> <p>09/28/2011 - over 75 % of the students showed improvement</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred:</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
		2010-2011 Resource Request: Heart rate monitors and playo balls would assist <hr/> 09/28/2011 - 75 % of the students passed in Spring 2011 Result: Target Met Year This Assessment Occurred: 2010-2011 Resource Request: Heart rate monitors and playo balls would assist	
Department - Physical Education (PHED) - PHED 19B - KICKBOXING FOR FITNESS - SLO 2 - Application of knowledge - Demonstrate increased cardiovascular fitness (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Start Date: 04/04/2011 End Date: 06/24/2011 Course-Level SLO Status: Active	Assessment Method: Using a pre and post test, students will demonstrate an increase in number of minutes of sustained cardio endurance activities Assessment Method Type: Pre/Post Test Target for Success: 85 % of the students will show an improved cardiovascular fitness.	10/12/2011 - At first month, we'll start to take 3 breaks in 75 minute class with optional low/high impact aerobics kickboxing exercises. At end, we 'll have 75 min KB class without any break(if a student needs it is OK to take a break.). Almost all students showed increased strength and endurance: increased cardiovascular fitness level. Result: Target Met Year This Assessment Occurred: 2010-2011 <hr/> 09/28/2011 - 85 % per cent of students passed this test in the spring of 2011 Result: Target Met Year This Assessment Occurred: 2010-2011	09/28/2011 - Significant variation in initial cardio fitness between the students. We need to increase the number and type of cardio activites in the class <hr/>
Department - Physical Education (PHED) - PHED 2 - SPORT IN SOCIETY - SLO 1 - Critical Thinking - Analyze current social issues as they relate to sport. (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Course-Level SLO Status: Active	Assessment Method: 3 - 5 page paper on a chosen current social issue as it relates to sport. Assessment Method Type: Research Paper Target for Success: Students will receive a grade of 3 or higher on a 5 - point rubric. <hr/> Assessment Method: 100 pt evaluation (50 presentation/ 50 written monologue)	10/13/2011 - For summer quarter 2011, 85% of students received a 3 or higher on a 5 point rubric Result: Target Met Year This Assessment Occurred: 2010-2011 Resource Request: None <hr/> 06/27/2011 - most students earned a passing grade	10/13/2011 - This assignment appears to be meeting the learning goals for this SLO and there are no changes planned at this time. <hr/>

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
	Assessment Method Type: Presentation/Performance Target for Success: 75% or better is passing	Result: Target Met Year This Assessment Occurred: 2010-2011	
Department - Physical Education (PHED) - PHED 2 - SPORT IN SOCIETY - SLO 2 - Application of knowledge - Evaluate the impact of sport on child development. (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Course-Level SLO Status: Active	Assessment Method: 3 - 5 page paper on an individual case study evaluating the impact of sport on child development. Assessment Method Type: Case Study/Analysis Target for Success: Students will receive a grade of 3 or higher on a 5 - point rubric.	10/13/2011 - Students enrolled in the previous quarter had a 66% rate on this assignment. Result: Target Not Met Year This Assessment Occurred: 2010-2011 Resource Request: None at this time	10/13/2011 - After looking at the pass rates for this assignment I went back 4 quarters to examine if there were similar issues and unfortunately there were. The main issue appears to be that students are skipping this assignment. We will try a re-write on the assignment and see if we can improve results for student learning.
Department - Physical Education (PHED) - PHED 20A - BEGINNING MAT PILATES - SLO 1 - Knowledge - Identify the principles and goals for beginning level Pilates exercises. (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Start Date: 04/04/2011 End Date: 06/24/2011 Course-Level SLO Status: Active	Assessment Method: Students will take a quiz that assesses their knowledge of the beginning exercises in Pilates. Assessment Method Type: Exam - Course Test/Quiz Target for Success: 75% of students will be able to name at least 15 of the beginning exercises in Pilates.	10/14/2011 - 90% of the students met the target for success. Result: Target Met Year This Assessment Occurred: 2010-2011 10/11/2011 - 80% of the students were able to name at least 15 of the core exercises. DM Result: Target Met Year This Assessment Occurred: 2010-2011	10/11/2011 - Overall most students were able how some improvement in identifying or naming at least one or more principles and goals of Pilates. It may help to have a subjective area to allow the students to describe their top three areas of improvement and three areas were they need more work.
		04/29/2011 - 75% passed quiz that assessed knowledge of main Pilates exercises. Result: Target Met Year This Assessment Occurred: 2010-2011	04/29/2011 - The teacher will pass out Pilates workout to each student prior to quiz and will hope to improve score to 80%.

Department - Physical Education (PHED) - PHED 20A - BEGINNING MAT PILATES -

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>SLO 2 - Application of knowledge - Demonstrate proper technique and increasing expertise in Pilates exercises. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: The teacher will assess the proficiency of the students as they perform beginning level Pilates exercises to see if they know the name and movement of each exercise.</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: 75% of students will be able to complete and name at least 15 of the core exercises in Pilates.</p>	<p>10/14/2011 - 90% of the students met the target for success. Students successfully learned how to tailor exercises for their personal level of fitness and for any injuries/contraindications. Anecdotal reports from students mentioned reduced back and joint pain, greater muscle definition, improved flexibility, weight loss, and improved balance.</p> <p>Result: Target Met Year This Assessment Occurred: 2010-2011</p>	
		<p>04/29/2011 - 80% of students were able to complete name 15 of the core exercises in Pilates.</p> <p>Result: Target Met Year This Assessment Occurred: 2010-2011</p>	<p>04/29/2011 - The instructor will include a rubric to assess the proper technique and expertise of each student.</p>
	<p>Assessment Method: Rubric 1. scapular stabilization 2.pelvic placement 3. neutral spine 4. breathing technique 5. flexibility 6. core stabilization 7 postural alignment 8 body control</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: 80% of the students will receive a grade of 6 or higher on the 8 point rubric</p>	<p>10/05/2011 - 90% of students passed in Spring of 2011.Dm</p> <p>Result: Target Met Year This Assessment Occurred: 2010-2011</p>	<p>10/07/2011 - The most important finding is that all students improved in some area but not all students improved in the same area.</p>
<p>Department - Physical Education (PHED) - PHED 20B - INTERMEDIATE MAT PILATES - SLO 1 - Knowledge - Identify the principles and goals for Pilates exercises. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Students will take a quiz that assesses their knowledge of the intermediate exercises in Pilates.</p> <p>Assessment Method Type: Exam - Course Test/Quiz</p> <p>Target for Success: 75% of students will pass the quiz.</p>	<p>10/14/2011 - 90% of the students met the target for success.</p> <p>Result: Target Met Year This Assessment Occurred: 2010-2011</p>	
		<p>04/29/2011 - 80% of students passed quiz and could name at least 15 of the intermediate Pilates exercises.</p> <p>Result: Target Met Year This Assessment Occurred: 2010-2011</p>	<p>04/29/2011 - Target met.</p>

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>Department - Physical Education (PHED) - PHED 20B - INTERMEDIATE MAT PILATES - SLO 2 - Application of knowledge - Demonstrate proper technique and increasing expertise in Pilates exercises. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: The teacher will assess the proficiency of the students as they perform intermediate level Pilates exercises to see if they know the name and movement of each exercise.</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: 75% of students will perform and name the intermediate level Pilates exercises at an intermediate competency level.</p>	<p>10/14/2011 - 90% of the students met the target for success. As expected, the students who had been practicing Pilates the longest showed the most improvement and skill competency.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p> <p>Resource Request: Since the practice of Pilates contributes to lifetime fitness, students should be allowed to repeat the class an unlimited number of times.</p>	
		<p>04/29/2011 - 80% of students performed the intermediate level Pilates exercises at an intermediate competency level.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	<p>10/11/2011 - Target met.</p> <hr/>
<p>Department - Physical Education (PHED) - PHED 20C - POWER PILATES & FLEXIBILITY EXERCISES - SLO 1 - Application of Knowledge - Perform with increasing degree of proficiency yoga postures and breathing techniques (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 20C - POWER PILATES & FLEXIBILITY EXERCISES - SLO 2 - Application of knowledge - Perform with increasing degree of proficiency core strength exercises (Created By Department - Physical Education (PHED))</p>			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
Assessment Cycles: 2011-2012 2012-2013	Course-Level SLO Status: Active		
Department - Physical Education (PHED) - PHED 21A - BEGINNING HATHA YOGA - SLO 1 - Application of Knowledge - Identify the principles and goals for Yoga practice. (Created By Department - Physical Education (PHED))	Assessment Cycles: 2011-2012 2012-2013		
Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 21A - BEGINNING HATHA YOGA - SLO 2 - Application of knowledge - Demonstrate proper technique and increasing expertise in Yoga postures and sequences. (Created By Department - Physical Education (PHED))	Assessment Cycles: 2011-2012 2012-2013		
Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 21B - INTERMEDIATE HATHA YOGA - SLO 1 - Application of Knowledge - Identify the principles and goals for Yoga practice. (Created By Department - Physical Education (PHED))	Assessment Cycles: 2011-2012 2012-2013		
Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 21B - INTERMEDIATE HATHA YOGA - SLO 2 - Application of knowledge - Demonstrate proper technique and increasing expertise in Yoga postures and			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>sequences. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 21C - POWER YOGA - SLO 1 - Application of Knowledge - Identify the principles and goals for Yoga practice. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 21C - POWER YOGA - SLO 2 - Application of knowledge - Demonstrate proper technique and increasing expertise in Yoga postures and sequences. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 21D - VINYASA FLOW YOGA - SLO 1 - Application of Knowledge - Identify the principles and goals for Yoga practice. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Instructor observation of proper technique with appropriate modification when needed.</p> <p>Assessment Method Type: Discussion/Participation</p> <p>Target for Success: 80% of students will demonstrate proper technique.</p>	<p>03/22/2011 - 85% of students could demonstrate proper technique</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
Department - Physical Education (PHED) - PHED 21D - VINYASA FLOW YOGA - SLO 2 - Application of knowledge - Demonstrate proper technique and increasing expertise in Yoga postures and sequences. (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Course-Level SLO Status: Active	Assessment Method: Instructor observation with appropriate modification of poses when needed. Assessment Method Type: Discussion/Participation Target for Success: 80% of students will use proper technique.	03/21/2011 - 85% of students could demonstrate proper technique and increasing expertise as the quarter progressed Result: Target Met Year This Assessment Occurred: 2010-2011	
Department - Physical Education (PHED) - PHED 22 - FULL BODY FLEXIBILITY - SLO 1 - Knowledge - Identify the components of fitness and goals/benefits for flexibility exercises. (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Start Date: 04/04/2011 End Date: 06/24/2011 Course-Level SLO Status: Active	Assessment Method: pre and post test on components of fitness and goal/benefits of flexibility Assessment Method Type: Pre/Post Test Target for Success: 72% of students will show improvement between pre and post testing	03/21/2011 - 75% of students showed increased knowledge of and physical proof of flexibility between the beginning and the end of the quarter Result: Target Met Year This Assessment Occurred: 2010-2011	
Department - Physical Education (PHED) - PHED 22 - FULL BODY FLEXIBILITY - SLO 2 - Application of knowledge - Demonstrate proper stretching and flexibility exercise techniques and increasing expertise in flexibility exercises. (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Start Date: 04/04/2011 End Date: 06/24/2011 Course-Level SLO Status: Active	Assessment Method: Rubric: 1. pelvic placement 2. neutral spine 3. breathing technique 4. relaxation technique 5. postural alignment Assessment Method Type: Presentation/Performance Target for Success: 70% of students will receive a grade of 3 or higher on the point rubric.	10/05/2011 - More than 70% of the students in both sections receive a grade of 3 or higher on the rubric. dm Result: Target Met Year This Assessment Occurred: 2010-2011	
Department - Physical Education (PHED) - PHED 22 - FULL BODY FLEXIBILITY - SLO 2 - Application of knowledge - Demonstrate proper stretching and flexibility exercise techniques and increasing expertise in flexibility exercises. (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Start Date: 04/04/2011 End Date: 06/24/2011 Course-Level SLO Status: Active	Assessment Method: Rubric: 1. pelvic placement 2. neutral spine 3. breathing technique 4. relaxation technique 5. postural alignment Assessment Method Type: Presentation/Performance Target for Success: 70% of students will receive a grade of 3 or higher on the point rubric.	10/05/2011 - 85 % of both sections passed in Spring 2011. DM Result: Target Met Year This Assessment Occurred: 2010-2011	
Department - Physical Education (PHED) - PHED 22 - FULL BODY FLEXIBILITY - SLO 2 - Application of knowledge - Demonstrate proper stretching and flexibility exercise techniques and increasing expertise in flexibility exercises. (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Start Date: 04/04/2011 End Date: 06/24/2011 Course-Level SLO Status: Active	Assessment Method: Rubric: 1. pelvic placement 2. neutral spine 3. breathing technique 4. relaxation technique 5. postural alignment Assessment Method Type: Presentation/Performance Target for Success: 70% of students will receive a grade of 3 or higher on the point rubric.	10/03/2011 - over 90% passed in spring of 2011 Dm Result: Target Met Year This Assessment Occurred: 2010-2011	10/07/2011 - Provide as many options as possible for students to demonstrate their improving knowledge on the principles of fitness and benefits of flexibility.

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
		<p>2010-2011</p> <p>09/28/2011 - 87% of students passed passed in spring of 2011 Result: Target Met Year This Assessment Occurred: 2010-2011</p> <p>03/21/2011 - 75% of students met the above criteria Result: Target Met Year This Assessment Occurred: 2010-2011</p>	<p>09/28/2011 - Showing anatomical images of skeletal and muscle system to help the student understand the stretch position</p>
<p>Department - Physical Education (PHED) - PHED 22A - STRETCHING & PILATES FOR FLEXIBILITY - SLO 1 - Knowledge - Identify the principles and goals for Pilates and flexibility exercises. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p>	<p>Assessment Method: Participation in identifying principles and goals.</p> <p>Assessment Method Type: Discussion/Participation</p> <p>Target for Success: 80% of students will identify principles and goals for Pilates and flexibility exercises.</p>	<p>03/22/2011 - 85% of students set goals for the quarter and were able to identify the principles of the exercises that would help them achieve these goals.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	
<p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 22A - STRETCHING & PILATES FOR FLEXIBILITY - SLO 2 - Application of knowledge - Demonstrate proper techniques and increasing expertise in Pilates and flexibility exercises (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p>	<p>Assessment Method: Observation of students demonstrating technique and expertise.</p> <p>Assessment Method Type: Observation/Critique</p> <p>Target for Success: 80% of students will demonstrate proper technique.</p>	<p>03/22/2011 - 85% of students were able to perform increasingly more difficult exercises throughout the quarter with good technique and understanding of the principles of the exercises</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	
<p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 22B - PILATES & YOGA - SLO 1 - Knowledge - Identify the principles and goals for Pilates and yoga exercises. (Created By</p>	<p>Assessment Method: Pre/Post Test to evaluate initial and final skill and technical level of proficiency in Pilates & Yoga Technique.</p>	<p>10/11/2011 - 97% of students passed the class, showing an increased level of proficiency in Pilates & Yoga Technique in Spring 2011.</p> <p>Result:</p>	<p>10/12/2011 - Target met. No pedagogical changes needed.</p>

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Course-Level SLO Status: Active	Assessment Method Type: Pre/Post Test Target for Success: 80% of students will pass the class.	Target Met Year This Assessment Occurred: 2010-2011	
Department - Physical Education (PHED) - PHED 22B - PILATES & YOGA - SLO 2 - Application of knowledge - Demonstrate proper technique and increasing expertise in Pilates and yoga exercises. (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Course-Level SLO Status: Active	Assessment Method: Pre/Post Test to evaluate increasing expertise Pilates & Yoga exercises. Assessment Method Type: Pre/Post Test Target for Success: 80% of students will pass the class.	10/11/2011 - 97% of students passed the class, demonstrating increased expertise in Pilates and yoga exercises in Spring 2011. Result: Target Met Year This Assessment Occurred: 2010-2011	10/12/2011 - Target met. No pedagogical changes needed.
Department - Physical Education (PHED) - PHED 22C - CORE FLOW STRENGTH - SLO 1 - Knowledge - Identify the principles and goals for Pilates and yoga exercises. (Created By Department - Physical Education (PHED)) Assessment Cycles: 2011-2012 2012-2013 Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 22C - CORE FLOW STRENGTH - SLO 2 - Application of knowledge - Demonstrate proper technique and increasing expertise in Pilates and yoga exercises. (Created By Department - Physical Education (PHED)) Assessment Cycles: 2011-2012 2012-2013			
Department - Physical Education (PHED) - PHED 23A - TRAIL HIKING - SLO 1 - Knowledge - Identify the components of fitness and create a hiking program to meet			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>personal fitness goals. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 23A - TRAIL HIKING - SLO 2 - Application of knowledge - Demonstrate efficient hiking technique, use of 10 essentials (gear) and leave no trace principles. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 23B - DAY HIKING - SLO 1 - Knowledge - Identify the components of fitness and create a hiking program to meet personal fitness goals. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 23B - DAY HIKING - SLO 2 - Application of knowledge - Demonstrate efficient hiking technique, use of 10 essentials (gear) and leave no trace principles. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p>			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>Course-Level SLO Status: Active</p> <p>Department - Physical Education (PHED) - PHED 23C - MULTI-DAY HIKING - SLO 1 - Knowledge - Identify the components of fitness and create a hiking program to meet personal fitness goals. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 23C - MULTI-DAY HIKING - SLO 2 - Application of knowledge - Demonstrate efficient hiking technique, use of 10 essentials (gear) and leave no trace principles. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 24 - INTRODUCTION TO GOLF - SLO 1 - Application of knowledge - Demonstrate with increased proficiency the skills necessary for the full golf swing, the chip shot and putting stroke (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: A successful student will perform a pre and post test to demonstrate increased proficiency in the skills necessary for the full golf swing, the chip shot and putting stroke.</p> <p>Assessment Method Type: Pre/Post Test</p> <p>Target for Success: 80% of students will pass with a grade of B or better.</p>	<p>10/21/2011 - Students met the 80% success rate</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	
<p>Department - Physical Education (PHED) - PHED 24 - INTRODUCTION TO GOLF - SLO 2 - Application of knowledge - Demonstrate proper etiquette and knowledge of rules for golf course play (Created By Department - Physical</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: A successful student will perform a pre and post test to demonstrate proper etiquette and knowledge of rules for golf course play.</p> <p>Assessment Method Type: Pre/Post Test</p>	<p>10/21/2011 - Stuentns met the 80% pass rate</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Course-Level SLO Status: Active	Target for Success: 80% of students will pass with a grade of B or better.		
Department - Physical Education (PHED) - PHED 24A - SKILL DEVELOPMENT FOR THE EXPERIENCED GOLFER - SLO 1 - Application of Knowledge - Demonstrate with increasing proficiency effective club selection for golf course play (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Course-Level SLO Status: Active	Assessment Method: A successful student will perform a pre and post test to demonstrate increasing proficiency in effective club selection for golf course play. Assessment Method Type: Pre/Post Test Target for Success: 80% of students will pass with a grade of B or better.		
Department - Physical Education (PHED) - PHED 24A - SKILL DEVELOPMENT FOR THE EXPERIENCED GOLFER - SLO 2 - Application of knowledge - Develop improved expertise and playing competency for golf course play (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Course-Level SLO Status: Active	Assessment Method: A successful student will perform a pre and post test to show improved expertise and playing competency for golf course play. Assessment Method Type: Pre/Post Test Target for Success: 80% of students will pass with a grade of B or better.		
Department - Physical Education (PHED) - PHED 24B - SKILLS OF GOLF COURSE PLAY - SLO 1 - Application of Knowledge - Demonstrate with increasing degree of proficiency advanced golf skills including drive, bunker shots and putting. (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>Course-Level SLO Status: Active</p> <p>Department - Physical Education (PHED) - PHED 24B - SKILLS OF GOLF COURSE PLAY - SLO 2 - Application of knowledge - Demonstrate with increasing proficiency and improvement in scoring in golf course play (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p>	<p>Assessment Method: Score cards are collected and scores are recorded in order to see the students progress</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: 80% of students will see improvement.</p>	<p>10/17/2011 - 75 % of the students were able to improve their scores .</p> <p>Result: Target Not Met</p> <p>Year This Assessment Occurred: 2010-2011</p> <p>Resource Request: More time needs to be spent with course management</p>	
<p>Course-Level SLO Status: Active</p> <p>Department - Physical Education (PHED) - PHED 25A - SWING ANALYSIS - SLO 1 - Knowledge - Demonstrate the skills necessary to execute a fundamentally sound golf swing (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p>			
<p>Course-Level SLO Status: Active</p> <p>Department - Physical Education (PHED) - PHED 25A - SWING ANALYSIS - SLO 2 - Knowledge - Demonstrate the ability to recognize and correct swing faults. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p>	<p>Assessment Method: Analyse changes in individuals swing through video comparisons</p> <p>Assessment Method Type: Pre/Post Test</p> <p>Target for Success: 80%</p>		
<p>Course-Level SLO Status: Active</p> <p>Department - Physical Education (PHED) - PHED 26 - BEGINNING TENNIS SKILLS - SLO 1 - Application of Knowledge - Perform with increased proficiency the skill sets and techniques of beginning tennis. (rubric:</p>	<p>Assessment Method: Instructor observation for physical skills.</p> <p>Assessment Method Type: Presentation/Performance</p>	<p>10/11/2011 - 83% of my students were proficient hitting forehands, backhands, serve and rally.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred:</p>	<p>10/11/2011 - My ability to demonstrate forehands, backhands, serves and volleys, helped my visual learners. Using analogies,</p>

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>checklist) (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011</p> <p>Course-Level SLO Status: Active</p>	<p>Target for Success: Ability to hit a forehand, backhand and serve consistently. Ability to maintain rally more than 5 balls over net.</p>	<p>2010-2011</p> <hr/> <p>10/07/2011 - 70% of the students were able to fulfill the required class goals. Result: Target Met Year This Assessment Occurred: 2010-2011 Resource Request: Tennis courts should be resurfaced. Last resurfce was 2002. Presently they are a potential safety hazard for the intercollegiate tennis teams.</p>	<p>my students better developed their skills.</p> <hr/> <p>10/11/2011 - My ability to demonstrate forehands, backhands, serves, and volleys, helped my visual learners. Using analogies my students develop their skills.</p> <hr/> <p>10/07/2011 - Student interaction might help. Advanced students helping other students to improve their skills/knowledge would give them ownership of the class. More involvement keeps them focused.</p>
<p>Department - Physical Education (PHED) - PHED 26 - BEGINNING TENNIS SKILLS - SLO 2 - Application of knowledge - Demonstrate and explain the basic strategies and rules of tennis. (rubric: cognitive) (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Demonstrate an understanding of: 1. The basic "geometry" of the tennis court. 2. Scoring</p> <p>Assessment Method Type: Discussion/Participation</p> <p>Target for Success: Diagram the "geometry" of the tennis court. Play a game while verbally keeping score</p> <hr/> <p>Assessment Method: instructor observation</p> <p>Assessment Method Type: Discussion/Participation</p> <p>Target for Success: 75% of students will be able to hit grounds strokes, serve, volley, and be able to keep score.</p>		
<p>Department - Physical Education (PHED) - PHED 26A - INTERMEDIATE/ADVANCED TENNIS - SLO 1 - Application of Knowledge - Perform with increased proficiency the skill sets and techniques of</p>	<p>Assessment Method: Working within a group, demonstrate the skill sets and techniques for an intermediate/advanced player. Work in groups of three with each individual</p>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>intermediate/advanced tennis. (rubric: checklist) (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011</p> <p>Course-Level SLO Status: Active</p>	<p>actively participating in the demonstration.</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: Demonstrate serve return, volleying, overhead and rallying with directional changes in a consistent manner.</p>		
<p>Department - Physical Education (PHED) - PHED 26A - INTERMEDIATE/ADVANCED TENNIS - SLO 2 - Application of knowledge - Demonstrate and explain the advanced strategies at the intermediate/advanced tennis level. (rubric -cognitive) (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Working within a group, explain and demonstrate the tactical strategies that a intermediate/advanced player would utilize in their game.</p> <p>Work in groups of three with each individual actively participating in the explanation and demonstration.</p> <p>Assessment Method Type: Discussion/Participation</p> <p>Target for Success: Knowledge of the "net" and "baseline" game incorporating the "geometry" of the tennis court.</p>		
	<p>Assessment Method: instructor observation</p> <p>Assessment Method Type: Discussion/Participation</p> <p>Target for Success: 75% of my students will be proficient hitting top spin, slice, drop shots, lobs, and overheads. Students will also be proficient in singles, and doubles.</p>	<p>10/11/2011 - 90% of students were able to hit with top spin, slice, drop shot, lob and hit overheads. Singles and Doubles were played each week.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	
<p>Department - Physical Education (PHED) - PHED 27 - WALK FOR HEALTH - SLO 1 - Application of Knowledge - Design and practice personal training programs for increased cardiovascular benefits (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Start Date: 04/04/2011</p> <p>End Date: 06/24/2011</p>	<p>Assessment Method: a pre and post test will be given to see the students improved cardiovascular improvement.</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: 80% of students will show improvement.</p>	<p>09/29/2011 - 90% of students showed improvement between pre and post tests.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	<p>09/29/2011 - It was noted by the students that charting times was a good self-reflection for their progress or lack thereof.</p>

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 27 - WALK FOR HEALTH - SLO 2 - Application of knowledge - Demonstrate proper body mechanics for fitness walking (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Start Date: 04/04/2011 End Date: 06/24/2011 Course-Level SLO Status: Active	Assessment Method: pre and post test on arm swing, leg stride, foot placement and synchronization Assessment Method Type: Pre/Post Test Target for Success: 72 % of the students will show improved fitness walking technique	09/29/2011 - over 80% of the students improved their fitness walking style. Result: Target Met Year This Assessment Occurred: 2010-2011	09/29/2011 - The walking needs to be done more than two times per week. It is recommended this be 3 day a week class or that students need to walk one more day a week.
Department - Physical Education (PHED) - PHED 27A - RUN FOR FITNESS - SLO 1 - Application of Knowledge - Practice progressively increasing running distances with improved times (Created By Department - Physical Education (PHED)) Assessment Cycles: 2011-2012 2012-2013 Course-Level SLO Status: Active	Assessment Method: A pre and post test Assessment Method Type: Pre/Post Test Target for Success: 75 % of the students will show improvement.	09/29/2011 - 87% of students showed improvement Result: Target Met Year This Assessment Occurred: 2010-2011	09/29/2011 - The students need to run at least two more times per week .
Department - Physical Education (PHED) - PHED 27A - RUN FOR FITNESS - SLO 2 - Application of knowledge - Understand the fluids, nutrients and caloric requirements for training (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 Start Date: 04/04/2011 End Date: 06/24/2011 Course-Level SLO Status: Active	Assessment Method: the student will demonstrate the needed knowledge through discussion of the proper fluid, nutrient and caloric requirements with the instructor and class. Assessment Method Type: Discussion/Participation Target for Success: 70 % of the students will acquire the knowledge needed.	09/29/2011 - 78% acquired the needed knowledge. Result: Target Met Year This Assessment Occurred: 2010-2011	09/29/2011 - A text book maybe helpful that targets training and proper nutrition for athletes
Department - Physical Education (PHED) - PHED 28 - SLOW PITCH SOFTBALL - SLO			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>1 - Application of Knowledge - Perform with increasing degree of proficiency the basic skills for softball (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 28 - SLOW PITCH SOFTBALL - SLO 2 - Application of knowledge - Perform sport training in team play at a level for college participation (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Attendance and positive participation</p> <p>Assessment Method Type: Discussion/Participation</p> <p>Target for Success: 16 of 20 meetings attended</p>	<p>07/29/2011 - All students passed</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	
<p>Department - Physical Education (PHED) - PHED 29 - FUTSAL-INDOOR SOCCER - SLO 1 - Application of Knowledge - Perform with an increasing degree of proficiency futsal soccer skill sets and techniques (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Instructor observation of proficiency at futsal soccer techniques</p> <p>Assessment Method Type: Observation/Critique</p> <p>Target for Success: 70% of the students will show an increase in their proficiency when playing futsal.</p>	<p>10/07/2011 - Over 70% of the students showed an increase in their proficiency when playing futsal</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	<p>10/07/2011 - No changes planned because students are mastering the SLO</p>
<p>Department - Physical Education (PHED) - PHED 29 - FUTSAL-INDOOR SOCCER - SLO 2 - Application of knowledge - Understand the rules and regulations of futsal soccer (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Teacher observes improvement with understanding of the rules and regulations of futsal soccer</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: 70% of the students will show improved understanding of the rules and regulations of futsal soccer.</p>	<p>10/07/2011 - Over 70% of the students showed improvement with understanding the rules and regulations of futsal</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	<p>10/07/2011 - No changes planned because students are mastering the SLO</p>

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>Department - Physical Education (PHED) - PHED 29A - TOURNAMENT SOCCER - SLO 1 - Application of Knowledge - Perform soccer skills in game play for tournament soccer competition (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Teacher will observe if the students are improving with their soccer skills</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: 70% of the students will perform soccer skills with proficiency during games</p>	<p>10/07/2011 - Over 70% of the students improved and performed soccer skills with proficiency during games</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	<p>10/07/2011 - No changes planned because students are mastering the SLO</p> <hr/>
<p>Department - Physical Education (PHED) - PHED 29A - TOURNAMENT SOCCER - SLO 2 - Application of knowledge - Given a selection of offensive and defensive game plays, provide an analysis of play selection and make recommendations for improvement (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Teacher will observe if students are able to provide an analysis of play selection and make recommendations for improvement.</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: 70% of students are able to provide an analysis of play selection and make recommendations for improvement.</p>	<p>10/07/2011 - over 70% of the students were able to provide an analysis of play selection and make recommendations for improvement.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	<p>10/07/2011 - students are able to provide an analysis of play selection and make recommendations for improvement.</p> <hr/>
<p>Department - Physical Education (PHED) - PHED 3 - THEORIES & TECHNIQUES OF COACHING SPORTS - SLO 1 - Knowledge - Identify the knowledge categories to run an effective sport program. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Design a practice plan to be implemented.</p> <p>Assessment Method Type: Essay/Journal</p> <p>Target for Success: 80% of the students will complete a practice plan that includes:1) objectives for the practice, 2)equipment needed,3) drills that they will implement, and 4)closing meeting.</p>	<p>06/08/2011 - 89% of students completed and received full credit on their practice plan.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	<p>06/08/2011 - Target met and students completed a practice plan which could be implemented in their sport program.</p> <hr/>
<p>Department - Physical Education (PHED) - PHED 3 - THEORIES & TECHNIQUES OF COACHING SPORTS - SLO 2 - Application of knowledge - Demonstrate mastery of the effective skills required for a sport program.</p>	<p>Assessment Method: Midterm exam which assesses the students knowledge in Chapters 1 - 8 in the class textbook.</p> <p>Assessment Method Type:</p>	<p>06/08/2011 - 92% of class earned a passing score</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	<p>10/11/2011 - Instructor pleased that students met target.</p> <hr/>

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>(Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Exam - Course Test/Quiz</p> <p>Target for Success: 75% of class result in passing score.</p>		
<p>Department - Physical Education (PHED) - PHED 34A - INTERCOLLEGIATE SOCCER (WOMEN) - SLO 1 - Application of Knowledge - Perform with an increasing degree of proficiency the offensive and defensive skills of soccer. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Instructor observation during practice and games.</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: 70% of the student-athletes will demonstrate increased proficiency with their offensive and defensive skills while playing soccer.</p>	<p>10/07/2011 - over 80% of the student-athletes showed increased proficiency with their offensive and defensive skills while playing soccer.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	<p>10/07/2011 - No change planned because the student-athletes are showing improvement in their offensive and defensive skills while playing soccer.</p>
<p>Department - Physical Education (PHED) - PHED 34A - INTERCOLLEGIATE SOCCER (WOMEN) - SLO 2 - Application of knowledge - Describe the technical and tactical skills of soccer. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 34B - INTERCOLLEGIATE VOLLEYBALL (WOMEN) - SLO 1 - Application of Knowledge - Perform with an increasing degree of proficiency the offensive and defensive skills of volleyball. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: The instructor will assess drills and exercises within practice that develop both offensive and defensive skills for volleyball</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: 75% of students will perform in the drills with a collegiate level of competence for the sport of volleyball.</p>	<p>06/08/2011 - 85% of students were able to perform both defensive and offensive skills in volleyball.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p> <p>Resource Request: Molton blue/white volleyballs</p>	<p>06/08/2011 - Instructor/coach was pleased with outcome and will continue adding new drills to increase competency.</p>

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>Department - Physical Education (PHED) - PHED 34B - INTERCOLLEGIATE VOLLEYBALL (WOMEN) - SLO 2 - Application of knowledge - Describe the technical and tactical skills of volleyball. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: The student will be asked to discuss, participate, and execute the technical and tactical aspects of volleyball.</p> <p>Assessment Method Type: Discussion/Participation</p> <p>Target for Success: 85% of the students will be able to discuss, participate, and execute the technical and tactical aspects of volleyball.</p>	<p>06/08/2011 - 90% of students were able to discuss and participate in drills that executed both technical and tactical aspects of the sport of volleyball.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p> <p>Resource Request: Molton blue/white volleyballs</p>	<p>06/08/2011 - The instructor was pleased with outcome and will continue to do develop "volleyball IQ" in practice.</p> <hr/>
<p>Department - Physical Education (PHED) - PHED 34C - INTERCOLLEGIATE BASKETBALL (WOMEN) - SLO 1 - Application of Knowledge - Perform with an increasing degree of proficiency the offensive and defensive skills of basketball. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 34C - INTERCOLLEGIATE BASKETBALL (WOMEN) - SLO 2 - Application of knowledge - Describe the technical and tactical skills of basketball. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 34D - INTERCOLLEGIATE TENNIS (WOMEN) - SLO 1 - Application of Knowledge - Perform with an increasing degree of proficiency the offensive and defensive skills of intercollegiate tennis. (Created By Department - Physical Education (PHED))</p>	<p>Assessment Method: Observe and critique the skills sets.</p> <p>Assessment Method Type: Observation/Critique</p> <p>Target for Success: 85% would become proficient.</p>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>Assessment Cycles: 2010-2011</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 34D - INTERCOLLEGIATE TENNIS (WOMEN) - SLO 2 - Application of knowledge - Understand and implement the technical/tactical skills of intercollegiate tennis. (Created By Department - Physical Education (PHED))</p>	<p>Assessment Method: Observe performance in match play. Do a pre and post match critique</p> <p>Assessment Method Type: Observation/Critique</p> <p>Target for Success: 85% of the players would be successful.</p>		
<p>Assessment Cycles: 2010-2011</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 34E - INTERCOLLEGIATE SOFTBALL (WOMEN) - SLO 1 - Application of Knowledge - Perform with an increasing degree of proficiency the offensive and defensive skills of softball. (Created By Department - Physical Education (PHED))</p>			
<p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 34E - INTERCOLLEGIATE SOFTBALL (WOMEN) - SLO 2 - Application of knowledge - Describe the technical and tactical skills of softball. (Created By Department - Physical Education (PHED))</p>			
<p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 34G - INTERCOLLEGIATE DANCE PERFORMANCE - SLO 1 - Application of Knowledge - Students will have explored fundamental dance technique and skills necessary for public performance. (Created</p>			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 34G - INTERCOLLEGIATE DANCE PERFORMANCE - SLO 2 - Application of knowledge - Students will have practical experience in the production aspects of dance (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 34H - PRE-SEASON CONDITIONING - SLO 1 - Application of Knowledge - Practice with increasing proficiency a program for improved cardiovascular fitness (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Instructor Observation Assessment Method Type: Presentation/Performance</p>	<p>10/05/2011 - All students demonstrated increasing proficiency in skill and improved cardiovascular fitness Result: Target Met Year This Assessment Occurred: 2010-2011</p>	<p>10/05/2011 - No changes needed</p>
<p>Department - Physical Education (PHED) - PHED 34H - PRE-SEASON CONDITIONING - SLO 2 - Application of knowledge - Demonstrate safe and appropriate use of resistance training machines and free weights (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012</p>	<p>Assessment Method: Instructor Observation Assessment Method Type: Presentation/Performance Target for Success: 70% of students will use the weights appropriately and safely</p>	<p>10/05/2011 - All students demonstrated the safe and appropriate use of resistance training machines and free weights Result: Target Met Year This Assessment Occurred: 2010-2011</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 34J - SPORTS TECHNIQUES & CONDITIONING - Application and knowledge of football - Perform and demonstrate skill and ability in the sport of football (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011</p> <p>Start Date: 04/03/2011</p> <p>End Date: 06/27/2011</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Players will demonstrate the basic skill of their position through a series of performance tests.</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: Students accurately perform their skill, they will pass the class</p>		
<p>Department - Physical Education (PHED) - PHED 35A - INTERCOLLEGIATE SOCCER (MEN) - SLO 1 - Application of Knowledge - Perform with an increasing degree of proficiency the offensive and defensive skills of soccer. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 35A - INTERCOLLEGIATE SOCCER (MEN) - SLO 2 - Application of knowledge - Describe the technical and tactical skills of soccer. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 35B - INTERCOLLEGIATE FOOTBALL (MEN) - SLO 1 - Application of Knowledge - Perform with an increasing</p>			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>degree of proficiency the offensive and defensive skills of football. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 35B - INTERCOLLEGIATE FOOTBALL (MEN) - SLO 2 - Application of knowledge - Describe the technical and tactical skills of football. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 35C - INTERCOLLEGIATE BASKETBALL (MEN) - SLO 1 - Application of Knowledge - Students will demonstrate improvement in the execution of fundamental basketball skills. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 35C - INTERCOLLEGIATE BASKETBALL (MEN) - SLO 2 - Application of knowledge - Students will display a comprehensive knowledge of game preparation strategy. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) -</p>			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>PHED 35D - INTERCOLLEGIATE TENNIS (MEN) - SLO 1 - Application of Knowledge - Perform with an increasing degree of proficiency the offensive and defensive skills related to competitive tennis. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011</p>	<p>Assessment Method: Observations of competitive play</p> <p>Assessment Method Type: Observation/Critique</p> <p>Target for Success: How a player competes.</p>		
<p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 35D - INTERCOLLEGIATE TENNIS (MEN) - SLO 2 - Application of knowledge - Understand and implement the technical and tactical skills of tennis. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011</p>	<p>Assessment Method: Pre-match and post-match critique Observation</p> <p>Assessment Method Type: Observation/Critique</p> <p>Target for Success: Performance improvement in seceding competitions.</p>		
<p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 35E - INTERCOLLEGIATE GOLF (MEN) - SLO 1 - Application of Knowledge - Perform with an increasing degree of proficiency the offensive and defensive skills of golf. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p>			
<p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) -</p>			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>PHED 35F - INTERCOLLEGIATE SWIMMING (MEN & WOMEN) - SLO 1 - Application of Knowledge - Perform with an increasing degree of proficiency the offensive and defensive skills of swimming. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 35F - INTERCOLLEGIATE SWIMMING (MEN & WOMEN) - SLO 2 - Application of knowledge - Describe the technical and tactical skills of swimming. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 35G - INTERCOLLEGIATE WATER POLO - SLO 1 - Application of Knowledge - Perform with an increasing degree of proficiency the offensive and defensive skills of water polo. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 35G - INTERCOLLEGIATE WATER POLO - SLO 2 - Application of knowledge - Describe the technical and tactical skills of water polo. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012</p>			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 36 - INDOOR ARCHERY - SLO 1 - Application of Knowledge - Perform with increased proficiency the techniques for successful archery. (rubric ? checklist) (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Working within a group, explain and demonstrate the technique of proper shooting technique, safety and etiquette. Work in groups of three with each individual actively participating in the explanation and demonstration.</p> <p>Assessment Method Type: Presentation/Performance</p>		
<p>Department - Physical Education (PHED) - PHED 36 - INDOOR ARCHERY - SLO 2 - Application of knowledge - Demonstrate and explain proper shooting technique and mental preparation. (rubric ? cognitive) (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 37 - BADMINTON: SINGLES & DOUBLES - SLO 1 - Application of Knowledge - Be able to identify and implement the major strokes in badminton (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Pre/Post Test to evaluate initial and final skill and technical level of proficiency in Badminton Technique.</p> <p>Assessment Method Type: Pre/Post Test</p> <p>Target for Success: 80% of students will pass the class.</p>	<p>10/14/2011 - All students passed the course. All students are able to identify the major strokes i.e. forehand, backhand, drop, clear, smash and drive. In addition, students can identify basic footwork i.e. moving toward the net, to the back court and to the sides.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2011-2012</p> <p>Resource Request: New Badminton Shuttles and Rackets</p>	
<p>Department - Physical Education (PHED) - PHED 37 - BADMINTON: SINGLES & DOUBLES - SLO 2 - Application of knowledge - Know and implement the rules</p>	<p>Assessment Method: Pre/Post Test to evaluate initial and final skill and technical level of proficiency in the rules of the sport of Badminton.</p>	<p>10/14/2011 - All students passed the course. All students understand the rules of the game. The majority of students understood the rules prior to</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>of badminton in a game situation. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method Type: Pre/Post Test</p> <p>Target for Success: 80% of students will pass the class.</p>	<p>the course. Beginning students learned the scoring system and the basic rules of badminton i.e. legal serve and return, line calling and net violations.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p> <p>Resource Request: New Rackets and Shuttles</p>	
<p>Department - Physical Education (PHED) - PHED 38A - BASKETBALL FUNDAMENTALS - SLO 1 - Application of Knowledge - Students will demonstrate improvement in fundamental basketball skills. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Positive Attendance and Participation</p> <p>Assessment Method Type: Discussion/Participation</p> <p>Target for Success: 10 of 12 class meetings attended to pass</p>	<p>06/27/2011 - All students passed</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	
<p>Department - Physical Education (PHED) - PHED 38A - BASKETBALL FUNDAMENTALS - SLO 2 - Application of knowledge - Students will demonstrate a comprehensive understanding of game rules. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 38B - BASKETBALL GAME SKILLS - SLO 1 - Application of Knowledge - Perform basketball game skills in game play appropriate for intramural competition. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012</p>			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
2012-2013 Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 38B - BASKETBALL GAME SKILLS - SLO 2 - Application of knowledge - Develop individual contemporary basketball skills (Created By Department - Physical Education (PHED)) Assessment Cycles: 2011-2012 2012-2013 Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 39 - INDOOR SOCCER - SLO 1 - Application of Knowledge - Perform with increased proficiency the indoor soccer skills of kicking, shooting, passing and dribbling (Created By Department - Physical Education (PHED)) Assessment Cycles: 2011-2012 2012-2013 Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 39 - INDOOR SOCCER - SLO 2 - Application of Knowledge - Demonstrate knowledge of rules, regulations and sport etiquette for indoor soccer (Created By Department - Physical Education (PHED)) Assessment Cycles: 2011-2012 2012-2013 Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 4 - CONCEPTS OF PHYSICAL FITNESS & WELLNESS - SLO 1 - Application of Knowledge - A successful student will be able to identify and explain how the various components of physical fitness and wellness contribute to general	Assessment Method: Students are given 6 quizzes and Laboratory assignments covering each Concept of Physical Fitness & Wellness. Assessment Method Type: Exam - Course Test/Quiz Target for Success:	10/11/2011 - 77% of students passed with a B grade or better in Spring 2011. Result: Target Met Year This Assessment Occurred: 2010-2011	10/11/2011 - Incorporate more online discussion forums.

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>health and wellness (e.g., healthy lifestyles, physical activity, body mechanics, nutrition, stress management, avoiding destructive behaviors, making informed choices, etc.) (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Start Date: 09/26/2011</p> <p>End Date: 12/16/2011</p> <p>Course-Level SLO Status: Active</p>	<p>75% of students will receive a B grade or better for the course.</p>		
<p>Department - Physical Education (PHED) - PHED 4 - CONCEPTS OF PHYSICAL FITNESS & WELLNESS - SLO 2 - Application of knowledge - A successful student will be able to assess current personal health and fitness lifestyle behaviors, and implement appropriate changes to improve his/her physical fitness and wellness. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Start Date: 09/26/2011</p> <p>End Date: 12/16/2011</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Students will keep a journal of Laboratory Assignments for Each Concept of Physical Fitness & Wellness. Students will be assigned a 3 - 5 page final essay on reflections of personal fitness and wellness changes implemented as a result of taking the course.</p> <p>Assessment Method Type: Essay/Journal</p> <p>Target for Success: 75% of the students will receive a grade of 3 or higher on the 5-point rubric.</p>	<p>10/11/2011 - 77% of students received a grade of 3 or higher on the 5-point rubric.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	<p>10/11/2011 - Incorporate more online discussion forums.</p>
<p>Department - Physical Education (PHED) - PHED 40 - BEGINNING VOLLEYBALL - SLO 1 - Application of Knowledge - Demonstrate the basic fundamentals for volleyball play (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 40 - BEGINNING VOLLEYBALL -</p>			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>SLO 2 - Application of knowledge - Perform with an increasing degree of proficiency the offensive and defensive skills of volleyball. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 41 - INDOOR CYCLING-SPIN - SLO 1 - Application of Knowledge - Develop improved cardiovascular conditioning through spinning (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Instructor observation during class. Class continues to get more challenging so the students need to show improved endurance class to class.</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: The target is to have at least 70% of the students improve their endurance.</p>	<p>10/14/2011 - 80% of students show improved cardiovascular conditioning. Instructor assessed through observing class complete more challenging rides.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p> <p>Resource Request: Microphone and speakers need to be improved.</p>	<p>10/14/2011 - Target met. No pedagogical changes planned.</p> <hr/>
		<p>10/12/2011 - Classes are designed to get more difficult over the course of the quarter. All students showed significant improvement in their endurance as the quarter progressed. Excellent improvement levels were exhibited.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	
<p>Department - Physical Education (PHED) - PHED 41 - INDOOR CYCLING-SPIN - SLO 2 - Application of knowledge - Practice safe and effective warm-up and cool-down exercises for cardiovascular training (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011</p>	<p>Assessment Method: Teacher observes if the students are showing improvement in their ability to practice safe effective warm-up and cool-down exercises for cardiovascular training.</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: 70% of students will show improvement in</p>	<p>10/14/2011 - 98% of students show ability to set up bike and practice safe and effective warm up and cool down techniques.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p> <p>Resource Request:</p>	<p>10/14/2011 - Target met. No pedagogical changes planned.</p> <hr/>

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>their ability to practice safe effective warm-up and cool-down exercises for cardiovascular training. Teacher can observe if the students have learned how to set their bike seat and handle bars appropriately before they begin to ride.</p>	<p>Sounds system and microphone need to be improved.</p> <p>10/12/2011 - Students in this class consistently arrive in class and set up their bikes for safe exercise. All students showed improvement in both warm up and cool down parts of the exercise, while also displaying improved overall cardiovascular capacity.</p> <p>Result: Target Met Year This Assessment Occurred: 2010-2011</p> <p>10/07/2011 - Over 70% of students showed improvement in their ability to practice safe effective warm-up and cool-down exercises for cardiovascular training. Teacher observed the students have learned how to set their bike seat and handle bars appropriately before they began to ride.</p> <p>Assessment Findings:</p> <p>Result: Target Met Year This Assessment Occurred: 2010-2011</p>	
<p>Department - Physical Education (PHED) - PHED 41A - CARDIO INTERVALS: HILLS & SPRINTS - SLO 1 -Application of Knowledge - Develop improved cardiovascular conditioning through spinning (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011</p> <p>Start Date: 04/04/2011</p> <p>End Date: 10/14/2011</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Instructor will observe class to assess improved cardiovascular conditioning. Classes increase in length and difficulty each week.</p> <p>Assessment Method Type: Observation/Critique</p> <p>Target for Success: 70% improve cardiovascular conditioning as observed by instructor.</p>	<p>10/14/2011 - 80% of students in class improved cardiovascular conditioning as observed by instructor in increased time and difficulty to class with each passing week.</p> <p>Result: Target Met Year This Assessment Occurred: 2010-2011</p> <p>Resource Request: Sound system and microphone need to be improved.</p>	<p>10/14/2011 - Target met. No pedagogical changes needed</p>
<p>Department - Physical Education (PHED) - PHED 41A - CARDIO INTERVALS: HILLS & SPRINTS - SLO 2 - Application of Knowledge - Practice safe and effective warm-up and cool-down exercises for cardiovascular training (Created By</p>	<p>Assessment Method: Students will be assessed by instructor on how they set up their bike as well as their warm up and cool down methods.</p> <p>Assessment Method Type: Discussion/Participation</p>	<p>10/14/2011 - 99% of students were able to set up their bike as well as have knowledge and ability to warm up and cool down.</p> <p>Result: Target Met</p>	<p>10/14/2011 - Target met. No pedagogical changes needed.</p>

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 Start Date: 04/04/2011 End Date: 10/14/2011 Course-Level SLO Status: Active	Target for Success: 80% of students will participate and complete warm up/cool down methods as well as bike set up at a competent level.	Year This Assessment Occurred: 2010-2011 Resource Request: Sound system and microphone need to be improved.	
Department - Physical Education (PHED) - PHED 42 - BOWLING FOR FITNESS - SLO 1 - Application of Knowledge - Perform with an increasing degree of proficiency the skills and strategies of competitive bowling (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 Course-Level SLO Status: Active	Assessment Method: visual observation and analyze and critique bowling techniques. Assessment Method Type: Discussion/Participation Target for Success: 80% of students will be able to score over 100. Special criteria will be used for students with special needs.	10/07/2011 - 88% of students scored over 100 Result: Target Met Year This Assessment Occurred: 2010-2011	10/07/2011 - student met my goals. If students had their own equipment bowling scores would be better.
	Assessment Method: view students mechanics and skill level Assessment Method Type: Presentation/Performance		
Department - Physical Education (PHED) - PHED 42 - BOWLING FOR FITNESS - SLO 2 - Application of knowledge - Demonstrate safe and appropriate use of bowling equipment (Created By Department - Physical Education (PHED)) Assessment Cycles: 2011-2012 2012-2013 Course-Level SLO Status: Active	Assessment Method: visual instruction and observation of basic skill of bowling Assessment Method Type: Presentation/Performance Target for Success: 65% of students will show ability to safely demonstrate how to use bowling equipment	10/07/2011 - 72% of students met goals Result: Target Met Year This Assessment Occurred: 2010-2011 Resource Request: better bowling facilities	10/07/2011 - book or written materials on safety would improve awareness of safety
Department - Physical Education (PHED) - PHED 45 - FITNESS FOR LIFE - SLO 1 - Application of Knowledge - Design and demonstrate a safe and effective cardio-respiratory and weight training program. (Created By Department - Physical Education (PHED)) Assessment Cycles: 2011-2012	Assessment Method: Review the performance work out sheet and observe their progress 2 times per quarter. Assessment Method Type: Class/Lab Project Target for Success: 80% of students will improve their fitness level.		
	Assessment Method: verbally discussed workout program and		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
2012-2013 Start Date: 09/26/2011 End Date: 12/16/2011 Course-Level SLO Status: Active	watched them demonstrate their program.ro Assessment Method Type: Interviews/Focus Groups Target for Success: 50% of my students will be able to demonstrate proper lifting techniques in a safe environment. ro		
	Assessment Method: Verbally discussed workout program and watched them demonstrate their program Assessment Method Type: Discussion/Participation Target for Success: 75% of the students who complete this course will be able to demonstrate the ability to use the equipment and show an improved overall level of physical fitness	10/12/2011 - 79% of the students passed the course and were able to demonstrate the ability to use the equipment and show improvements in overall physical fitness. Result: Target Met Year This Assessment Occurred: 2010-2011	10/12/2011 - Target was met. No need for pedagogical changes.
		10/11/2011 - 75% of the students who completed the necessary hours did demonstrate the ability to us the equipment and showed an increased overall level of pysical fitness Result: Target Met Year This Assessment Occurred: 2010-2011	10/11/2011 - My experience and knowledge in physical fitness allows me to teach all learning styles.
	Assessment Method: Discuss verbally a workout program and watched students demonstrate their program Assessment Method Type: Discussion/Participation Target for Success: 75% of the students who complete this course will be able to demonstrate the ability to use the equipment and show an improved overall level of physical fitness	10/12/2011 - More than 75% of the students improved their level of physical fitness and were able to demonstrate using the equipment properly. Result: Target Met Year This Assessment Occurred: 2010-2011	
		10/11/2011 - 75% of the students who did complete the course were able to demonstrate the ability to use the equipment and show an improved overall level of physical fitness Result: Target Met Year This Assessment Occurred: 2010-2011	10/11/2011 - My experience and knowledge physical education allow me to teach all learning styles.
Department - Physical Education (PHED) - PHED 45 - FITNESS FOR LIFE - SLO 2 - Application of knowledge - Demonstrate safe and appropriate use of resistance training equipment (Created By Department - Physical Education (PHED))	Assessment Method: 500-1000 word interview with a person from the physical education field. Assessment Method Type: Interviews/Focus Groups Target for Success: 80% of students will receive a grade of 70	10/12/2011 - 80% of students passed with a grade of 70 points or higher on a 100 point rubric. Result: Target Met Year This Assessment Occurred: 2010-2011	10/12/2011 - Target met. No need for any pedagogical changes.

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
Assessment Cycles: 2011-2012 2012-2013 Course-Level SLO Status: Active	points or higher on a 100 point rubric.	10/12/2011 - 80% of the students received a grade of at least 70 points. Result: Target Met Year This Assessment Occurred: 2010-2011	
		10/07/2011 - 82% of students met goals. Result: Target Met Year This Assessment Occurred: 2010-2011	10/07/2011 - more students will reach contact hours where possible _____
Department - Physical Education (PHED) - PHED 46 - WEIGHT LIFTING FOR HEALTH & FITNESS - SLO 1 - Application of Knowledge - Design and implement a strength training workout applying resistance principles to produce desired training effects (Created By Department - Physical Education (PHED))	Assessment Method: Observe the amount of weight a student can lift at the beginning of the class vs. the end of the class Assessment Method Type: Pre/Post Test	10/05/2011 - All students were capable of lifting more weight at the end of the class Result: Target Met Year This Assessment Occurred: 2010-2011	10/05/2011 - No changes required _____
Assessment Cycles: 2011-2012 2012-2013 Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 46 - WEIGHT LIFTING FOR HEALTH & FITNESS - SLO 2 - Application of knowledge - Demonstrate safe and appropriate use of resistance training machines and free weights (Created By Department - Physical Education (PHED))	Assessment Method: Instructor observation Assessment Method Type: Presentation/Performance	10/05/2011 - All students demonstrated the appropriate use of resistance training machines and free weights Result: Target Met Year This Assessment Occurred: 2010-2011	
Assessment Cycles: 2011-2012 2012-2013 Course-Level SLO Status: Active	Assessment Method: positive attendance and participation Assessment Method Type: Discussion/Participation Target for Success: 30 of 34 class meetings attended and participated		
Department - Physical Education (PHED) - PHED 46A - CORE FLOW STRENGTH TRAINING - SLO 1 - Application of Knowledge - Design and implement a strength training work-out using balls,			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>weights and core exercises (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 46A - CORE FLOW STRENGTH TRAINING - SLO 2 - Application of knowledge - Demonstrate increasing proficiency in core strength (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 47B - THIGHS, ABS & GLUTEUS (TAG) - SLO 1 - Application of Knowledge - Design and practice a training program for increasing strength and endurance in thighs, abs and gluteus muscles (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: The students will be able to demonstrate specific exercises that increase strength and endurance for specific muscle groups. The student will also use proper terminology, proper technique, and design their own full body exercise program to do independently.</p> <p>Assessment Method Type: Discussion/Participation</p> <p>Target for Success: 75% of students will successfully demonstrate the core exercises for increasing strength and endurance.</p>	<p>10/12/2011 - The students were able to demonstrate core exercises for increasing strength and endurance. They were able to perform these exercises with proper form.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p> <hr/> <p>09/30/2011 - 80% of students demonstrated increased strength by a minimum of 50% in core exercises that target thighs, abdominals, and gluteus muscles</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	<p>09/30/2011 - Target met given the 80% success rate, no pedagogical changes planned.</p> <hr/>
<p>Department - Physical Education (PHED) - PHED 47B - THIGHS, ABS & GLUTEUS (TAG) - SLO 2 - Application of knowledge - The student will be demonstrate increased awareness of their current fitness level and their desired fitness level. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011</p>	<p>Assessment Method: The student will keep a fitness journal that will track their progress towards their desired fitness level.</p> <p>Assessment Method Type: Essay/Journal</p> <p>Target for Success: 75% of students will demonstrate increased strength and endurance.</p>	<p>10/14/2011 - 90% of the students that kept a fitness journal met or exceeded their goals in the areas of strength and endurance.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p> <p>Resource Request: 1. heavier free weights available outside of wellness center (min. 20lbs and up to 50lbs)</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
2011-2012 2012-2013		2. More weighted medicine balls (2lbs,4lbs,8lbs,10lbs) 3. More BOUS (15) 4. More handle bands (20)	
Course-Level SLO Status: Active		10/12/2011 - 75% of the students demonstrated increased strength and endurance. Result: Target Met Year This Assessment Occurred: 2010-2011	
		10/12/2011 - 80% of students kept fitness journal which tracked progress toward desired fitness level. Result: Target Met Year This Assessment Occurred: 2010-2011	10/12/2011 - Target met given the 80% success rate, no pedagogical changes planned.
Department - Physical Education (PHED) - PHED 47C - CARDIO PUMP - SLO 1 - Application of Knowledge - Demonstrate cardiovascular fitness improvements in a personal strength program (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013	Assessment Method: A successful student will perform a pre and post test to demonstrate cardiovascular fitness improvements in a personal strength program. Assessment Method Type: Pre/Post Test Target for Success: 80% of students will pass with a grade of B or better.		
Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 47C - CARDIO PUMP - SLO 2 - Application of knowledge - Demonstrate safe and appropriate use of strength apparatus and tools. (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013	Assessment Method: A successful student will perform a pre and post test to demonstrate safe and appropriate use of strength apparatus and tools. Target for Success: 80% of students will pass with a grade of B or better.		
Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 49A - SURVIVOR TRAINING - SLO 1 - Application of Knowledge - Design and practice sports fitness drills for increased	Assessment Method: A successful student will perform a pre and post test to demonstrate and understand		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>strength. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>how to design and practice sports fitness drills for increased strength.</p> <p>Assessment Method Type: Pre/Post Test</p> <p>Target for Success: 80% of students will pass with a grade of B or better.</p>		
<p>Department - Physical Education (PHED) - PHED 49A - SURVIVOR TRAINING - SLO 2 - Application of knowledge - Demonstrate safe and appropriate use of free weights and other strength training apparatus. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: A successful student will perform a pre and post test to demonstrate safe and appropriate use of free weights and other strength training apparatus.</p> <p>Assessment Method Type: Pre/Post Test</p> <p>Target for Success: 80% of students will pass with a grade of B or better.</p>		
<p>Department - Physical Education (PHED) - PHED 49B - BOOT CAMP TRAINING - SLO 1 - Application of Knowledge - Analyze the components for a complete fitness program (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: A successful student will perform a pre and post test to demonstrate proper analysis of the necessary components for a complete fitness program.</p> <p>Assessment Method Type: Pre/Post Test</p> <p>Target for Success: 80% of students will pass with a grade of B or better.</p>		
<p>Department - Physical Education (PHED) - PHED 49B - BOOT CAMP TRAINING - SLO 2 - Application of knowledge - Customize fitness program to meet individual needs and ability (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: A successful student will perform a pre and post test to demonstrate and understand the ability to customize appropriate fitness programs to meet individual needs and abilities.</p> <p>Assessment Method Type: Pre/Post Test</p> <p>Target for Success: 80% of students will pass with a grade of B or better.</p>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
Active	<p>Department - Physical Education (PHED) - PHED 50C - NUTRITIONAL ASSESSMENT & FITNESS - SLO 1 - knowledge of body pre and post testing information - students will become aware of their body fitness levels and body composition. (Created By Department - Physical Education (PHED))</p> <p>Assessment Method: students will be given handouts of testing information</p> <p>Target for Success: 70% showed some improvement</p>		
<p>Assessment Cycles: 2011-2012</p> <p>Course-Level SLO Status: Active</p>	<p>Department - Physical Education (PHED) - PHED 50C - NUTRITIONAL ASSESSMENT & FITNESS - SLO 2 - student awareness of food intake - Understand RDA's and food pyramid (Created By Department - Physical Education (PHED))</p> <p>Assessment Method: pre and post testing of students</p> <p>Assessment Method Type: Pre/Post Test</p> <p>Target for Success: 60% should improve</p>		
<p>Assessment Cycles: 2011-2012</p> <p>Course-Level SLO Status: Active</p>	<p>Department - Physical Education (PHED) - PHED 6 - PERFORMANCE ENHANCING SUBSTANCES IN SPORT & EXERCISE - Substance knowledge and efficacy - Demonstrated knowledge of presented performance-enhancing substances and their known efficacy in terms of enhancing sport performance (Created By Department - Physical Education (PHED))</p> <p>Assessment Method: Quizzes and Final</p> <p>Assessment Method Type: Exam - Course Test/Quiz</p> <p>Target for Success: 75% or better is passing</p>	<p>10/11/2011 - Most students passed and demonstrated satisfactory knowledge of course material</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	
<p>Assessment Cycles: 2010-2011</p> <p>Course-Level SLO Status: Active</p>	<p>Department - Physical Education (PHED) - PHED 6 - PERFORMANCE ENHANCING SUBSTANCES IN SPORT & EXERCISE - Ethics of Use - Students will demonstrate an ethical analysis of performance-enhancing substance use in sport (Created By Department - Physical Education (PHED))</p> <p>Assessment Method: Student research and position projects</p> <p>Assessment Method Type: Essay/Journal</p> <p>Target for Success: 75% or better is passing</p>	<p>10/11/2011 - Most students submitted work that demonstrated a satisfactory foundation of ethical analysis of performance enhancing substance use</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	
<p>Assessment Cycles: 2009-2010</p>			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 60 - SPECIAL PROJECTS IN PHYSICAL EDUCATION - SLO 1 - Application of Knowledge - Develop individual project related to the knowledge and activities of physical education (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Instructor Observation</p> <p>Assessment Method Type: Discussion/Participation</p> <p>Target for Success: 100% of the students who complete this class will be able to demonstrate proper technique for passing, shooting and other water polo skills. Apply knowledge of water polo rules and strategy of offensive and defensive game situations. Improve overall physical fitness and endurance.</p>	<p>10/11/2011 - 100% of the students who did complete this course were able to demonstrate proper technique for passing, shooting and other water polo skills. Apply knowledge of water polo rules and strategy of offensive and defensive game situations. Improve overall physical fitness and endurance.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	<p>10/11/2011 - My experience and water polo knowledge allows me to teach all learning styles.</p> <hr/>
<p>Department - Physical Education (PHED) - PHED 60 - SPECIAL PROJECTS IN PHYSICAL EDUCATION - SLO 2 - Application of knowledge - Demonstrate a basic understanding of kinesiology and exercise physiology through special project in physical education (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 60T - SPECIAL PROJECTS IN PHYSICAL EDUCATION - SLO 1 - Application of Knowledge - Develop individual project related to the knowledge and activities of physical education (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 60T - SPECIAL PROJECTS IN PHYSICAL EDUCATION - SLO 2 -</p>			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>Application of knowledge - Demonstrate a basic understanding of kinesiology and exercise physiology through special project in physical education (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 62A - CLINICAL EXPERIENCES IN SPORTS MEDICINE I - SLO 1 - Application of Knowledge - Perform preventative ankle taping (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Practical exam</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: All components of tape job included Tape job neat, without wrinkles or holes Complete tape job in less than 3 minutes</p>	<p>10/13/2011 - All students completing PHED 62A demonstrated competency in preventative ankle taping</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p> <p>Resource Request: Funds for practice tape</p> <p>Related Documents: Ankle tape Job Presentation</p>	<p>10/13/2011 - Continue instruction methods to promote continued success</p> <hr/>
<p>Department - Physical Education (PHED) - PHED 62A - CLINICAL EXPERIENCES IN SPORTS MEDICINE I - SLO 2 - Application of knowledge - Perform stretching techniques for the upper and lower extremity (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Practical Examination</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: Demonstrate appropriate techniques for active and passive stretching of the upper and lower extremities</p>	<p>10/13/2011 - All students completing PHED 62A showed competency in performing stretching techniques for the upper and lower extremities</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p> <p>Resource Request: Funds for lab space and equipment (treatment tables)</p>	<p>10/13/2011 - Continue teaching methods to promote continued student success</p> <hr/>
<p>Department - Physical Education (PHED) - PHED 62B - CLINICAL EXPERIENCES IN SPORTS MEDICINE II - SLO 1 - Application of Knowledge - Perform soft tissue massage techniques (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Practical Exam</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: All students completing PHED 62B will show competency in performing soft tissue massage techniques</p>	<p>10/13/2011 - All students completing PHED 62B showed competency in performing soft tissue massage techniques</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p> <p>Resource Request: Funds for soft-tissue massage instruments</p>	<p>10/13/2011 - Add techniques in Instrument-Assisted Soft Tissue Mobilization</p> <hr/>

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>Department - Physical Education (PHED) - PHED 62B - CLINICAL EXPERIENCES IN SPORTS MEDICINE II - SLO 2 - Application of Knowledge - Describe theoretical use of therapeutic modalities (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Research paper describing theoretical use of therapeutic modalities</p> <p>Assessment Method Type: Research Paper</p> <p>Target for Success: All students completing PHED 62B will complete the research paper describing the theoretical use of therapeutic modalities</p>	<p>10/13/2011 - All students completing PHED 62B completed the research paper describing the theoretical use of therapeutic modalities</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p> <p>Resource Request: New therapeutic modalities to stay current with workforce practices</p> <p>Related Documents: Modalities Research Paper</p>	<p>10/13/2011 - Continue to add new therapeutic modalities to stay current with workforce practices</p> <hr/>
<p>Department - Physical Education (PHED) - PHED 62C - CLINICAL EXPERIENCES IN SPORTS MEDICINE III - SLO 1 - Application of Knowledge - Demonstrate foot, ankle, and lower leg injury evaluation (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Practical Exam</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: All students completing PHED 62C will show competency in demonstrating a foot, ankle and lower leg injury evaluation</p>	<p>10/13/2011 - All students completing PHED 62C showed competency in demonstrating foot, ankle and lower leg injury evaluations</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p> <p>Resource Request: New anatomical models for learning injury evaluations</p>	<p>10/13/2011 - Incorporate more teaching time for injury evaluation instruction</p> <hr/>
<p>Department - Physical Education (PHED) - PHED 62C - CLINICAL EXPERIENCES IN SPORTS MEDICINE III - SLO 2 - Application of knowledge - Identify muscles used during various free weight and variable resistance machine exercises (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Research paper correlating muscle groups with various free weight and variable resistance machine exercises</p> <p>Assessment Method Type: Research Paper</p> <p>Target for Success: All students completing PHED 62C will complete a research paper correlating muscle groups with various free weight and variable resistance machine exercises</p>	<p>10/13/2011 - All students completing PHED 62C completed a research paper correlating muscle groups with various free weight and variable resistance machine exercises</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	<p>10/13/2011 - Add more teaching time in the Wellness Center to instruct in the appropriate use of free weight and variable resistance machine exercises</p> <hr/>
<p>Department - Physical Education (PHED) - PHED 62D - CLINICAL EXPERIENCES IN SPORTS MEDICINE IV - SLO 1 - Application of Knowledge - Demonstrate shoulder injury evaluation (Created By Department - Physical Education (PHED))</p>	<p>Assessment Method: Practical Exam</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: All students completing PHED 62D will complete a shoulder injury evaluation</p>	<p>10/13/2011 - All students completing PHED 62D completed a shoulder injury evaluation</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p> <p>Resource Request:</p>	<p>10/13/2011 - More teaching time for instruction in injury evaluations</p> <hr/>

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
Assessment Cycles: 2010-2011		New anatomical models for learning injury evaluations	
Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 62D - CLINICAL EXPERIENCES IN SPORTS MEDICINE IV - SLO 2 - Application of knowledge - Design functional rehabilitation program for the lower extremity (Created By Department - Physical Education (PHED))	Assessment Method: Written description of functional rehabilitation program as well as demonstration of the functional rehabilitation program with an athlete Assessment Method Type: Class/Lab Project Target for Success: All students completing PHED 62D will design and demonstrate a functional rehabilitation program for the lower extremity	10/13/2011 - All students completing PHED 62D designed and demonstrated a functional rehabilitation program for the lower extremity Result: Target Met Year This Assessment Occurred: 2010-2011 Resource Request: Conference funds for instructor training in functional screening and program design	10/13/2011 - Add instructor education in Functional Movement Screening to add to course content in this area
Assessment Cycles: 2010-2011			
Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 62E - CLINICAL EXPERIENCES IN SPORTS MEDICINE V - SLO 1 - Application of Knowledge - Design comprehensive rehabilitation program (Created By Department - Physical Education (PHED))	Assessment Method: Oversee and collaborate with student on a comprehensive rehabilitation program for an injured student athlete. Assessment Method Type: Class/Lab Project Target for Success: All students completing PHED 62E will develop a comprehensive rehabilitation plan	10/13/2011 - All students completing PHED 62E developed a comprehensive rehabilitation plan Result: Target Met Year This Assessment Occurred: 2010-2011 Resource Request: Computerized exercise design program (VHI)	10/13/2011 - Develop more resources for students to use in designing rehabilitation plans
Assessment Cycles: 2010-2011			
Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 62E - CLINICAL EXPERIENCES IN SPORTS MEDICINE V - SLO 2 - Application of knowledge - Demonstrate mastery of course material in a capstone project (Created By Department - Physical Education (PHED))	Assessment Method: Review capstone project summarizing the body of student learning over the course of the PHED 62 series of classes Assessment Method Type: Portfolio Review Target for Success: All students completing PHED 62E will complete a capstone project demonstrating mastery of course materials	10/13/2011 - All students completing PHED 62E completed a capstone project demonstrating mastery of course materials Result: Target Met Year This Assessment Occurred: 2010-2011	10/13/2011 - Promote the accomplishments of students who reach this level of completion and excellence.
Assessment Cycles: 2010-2011			
Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 65A - PNF:INTRODUCTION TO THE UPPER EXTREMITY - SLO 1 - Application of Knowledge - Perform upper extremity stretching demonstrating techniques of PNF. (Created By Department - Physical Education (PHED))	Assessment Method: Practical Examination of Upper Extremity Stretching Assessment Method Type: Discussion/Participation Target for Success: 80% of students will successfully		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
Assessment Cycles: 2011-2012 2012-2013 Start Date: 01/02/2012 End Date: 03/30/2012 Course-Level SLO Status: Active	demonstrate Upper Extremity PNF Stretching		
Department - Physical Education (PHED) - PHED 65A - PNF:INTRODUCTION TO THE UPPER EXTREMITY - SLO 2 - Application of knowledge - Perform upper extremity strengthening demonstrating techniques of PNF. (Created By Department - Physical Education (PHED)) Assessment Cycles: 2011-2012 2012-2013 Course-Level SLO Status: Active	Assessment Method: Practical Examination Assessment Method Type: Discussion/Participation Target for Success: 80% of the students will demonstrate appropriate techniques of Upper Extremity PNF Strengthening		
Department - Physical Education (PHED) - PHED 65B - PNF: INTRODUCTION TO THE LOWER EXTREMITY - SLO 1 - Application of Knowledge - The student will perform lower extremity muscle stretching implementing techniques of PNF. (Created By Department - Physical Education (PHED)) Assessment Cycles: 2011-2012 2012-2013 Start Date: 09/26/2011 End Date: 12/16/2011 Course-Level SLO Status: Active	Assessment Method: Practical Examination Assessment Method Type: Discussion/Participation Target for Success: 80% of the students will successfully demonstrate Lower Extremity Stretching		
Department - Physical Education (PHED) - PHED 65B - PNF: INTRODUCTION TO THE LOWER EXTREMITY - SLO 2 - Application of knowledge - The student will perform lower extremity muscle strengthening implementing techniques of PNF. (Created By Department - Physical Education (PHED))	Assessment Method: Practical Examination Assessment Method Type: Discussion/Participation Target for Success: 80% of the students will demonstrate appropriate Lower Extremity PNF Strengthening techniques		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>			
<p>Department - Physical Education (PHED) - PHED 66 - FIRST AID & CPR/AED - SLO 1 - Application of Knowledge - Qualify for American Red Cross Certification in CPR/AED for the Adult, Child and Infant, CPR/AED for the Professional Rescuer or First Aid (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Instruct students in techniques in CPR/AED and First Aid per the American Red Cross requirements through class participation and discussion</p> <p>Assessment Method Type: Discussion/Participation</p> <p>Target for Success: All students completing PHED 66 will qualify for American Red Cross Certification in CPR/AED for the Adult, Child and Infant, CPR/AED for the Professional Rescuer or First Aid</p>	<p>10/13/2011 - All students completing PHED 66 qualified for American Red Cross Certification in CPR/AED for the Adult, Child and Infant, CPR/AED for the Professional Rescuer or First Aid</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p> <p>Resource Request: Continued increase in enrollment has led to a need for more manikins and supplies</p>	<p>10/13/2011 - Updated to 2011 American Red Cross standards and programs.</p> <hr/>
<p>Department - Physical Education (PHED) - PHED 66 - FIRST AID & CPR/AED - SLO 2 - Application of knowledge - Perform Life Saving Skills (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Practical Exam</p> <p>Assessment Method Type: Presentation/Performance</p> <p>Target for Success: All students completing PHED 66 will demonstrate competency in life saving skills</p>	<p>10/13/2011 - All students completing PHED 66 demonstrated competency in life saving skills</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p> <p>Resource Request: Continued increase in enrollment has led to a need for more manikins and supplies</p>	<p>10/13/2011 - Updated to 2011 American Red Cross standards and programs</p> <hr/>
<p>Department - Physical Education (PHED) - PHED 67A - PREVENTION OF ATHLETIC INJURIES - SLO 1 - Application of Knowledge - The student will demonstrate proficiency in the techniques of ankle taping to prevent injury. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Start Date: 09/26/2011</p> <p>End Date: 12/16/2011</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Practical Examination</p> <p>Assessment Method Type: Discussion/Participation</p> <p>Target for Success: 80% of the students will correctly apply athletic tape to prevent an inversion ankle sprain</p>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>Department - Physical Education (PHED) - PHED 67A - PREVENTION OF ATHLETIC INJURIES - SLO 2 - Application of knowledge - The student will design a warm up program to prevent musculoskeletal injuries. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Practical Examination</p> <p>Assessment Method Type: Discussion/Participation</p> <p>Target for Success: 80% of the students will demonstrate appropriate warm up exercises to prevent a musculo-skeletal injury</p>		
<p>Department - Physical Education (PHED) - PHED 67B - EMERGENCY ATHLETIC INJURY CARE - SLO 1 - Application of Knowledge - The student will qualify for American Red Cross CPR Certification. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Start Date: 01/02/2012</p> <p>End Date: 03/30/2012</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Practical & Written Examination</p> <p>Assessment Method Type: Discussion/Participation</p> <p>Target for Success: 80% of the students will demonstrate proficiency in American Red Cross CPR</p>		
<p>Department - Physical Education (PHED) - PHED 67B - EMERGENCY ATHLETIC INJURY CARE - SLO 2 - Application of knowledge - The student will qualify for American Red Cross First Aid Certification (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Start Date: 01/02/2012</p> <p>End Date: 03/30/2012</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Practical and Written American Red Cross Examination</p> <p>Assessment Method Type: Discussion/Participation</p> <p>Target for Success: 80% of the students will demonstrate proficiency in Emergency First Aid</p>		
<p>Department - Physical Education (PHED) - PHED 67C - TREATMENT & REHABILITATION OF ATHLETIC INJURIES</p>	<p>Assessment Method: The student will review the literature for a specific athlete's injury and design a year</p>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
<p>- SLO 1 - Application of Knowledge - The student will design a Year Round Conditioning Program for a rehabilitating athlete (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Start Date: 04/09/2012</p> <p>End Date: 06/29/2012</p> <p>Course-Level SLO Status: Active</p>	<p>round exercise program for the rehabilitating athlete.</p> <p>Assessment Method Type: Research Paper</p> <p>Target for Success: Complete a written project that explains the mechanism of the athlete's injury, why specific exercises were chosen and the requirements for progression</p>		
<p>Department - Physical Education (PHED) - PHED 67C - TREATMENT & REHABILITATION OF ATHLETIC INJURIES</p> <p>- SLO 2 - Application of knowledge - The student will design a Injury Rehabilitation Program for an injured athlete. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2011-2012 2012-2013</p> <p>Start Date: 04/02/2012</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Student will design a rehabilitation program for a specific musculo-skeletal injury incurred in athletics. Students may work in conjointly for the same athletic injury.</p> <p>Assessment Method Type: Research Paper</p> <p>Target for Success: 80% of the students will complete the written program with a B grade or better.</p>		
<p>Department - Physical Education (PHED) - PHED 8 - THEORY & CONCEPTS OF EXERCISE PHYSIOLOGY - Terminology - A successful student will be able to acquire and interpret the basic anatomy and exercise physiology terminology. (Created By Department - Physical Education (PHED))</p> <p>Assessment Cycles: 2010-2011</p> <p>Course-Level SLO Status: Active</p>	<p>Assessment Method: Multiple choice, True/False, and matching questions on Exercise Physiology terminology.</p> <p>Assessment Method Type: Exam - Course Test/Quiz</p> <p>Target for Success: 80% of the students will receive a B grade or better for terminology tests.</p>	<p>10/11/2011 - 81% of students received a B grade or better for terminology tests.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	<p>10/11/2011 - Incorporate more online discussion forums.</p> <hr/>
<p>Department - Physical Education (PHED) - PHED 8 - THEORY & CONCEPTS OF EXERCISE PHYSIOLOGY - Application - A successful student will be able to explain the theories of exercise physiology as they relate to the body and its ability to perform exercise. (Created By Department - Physical</p>	<p>Assessment Method: Students will analyze 5 - 7 case studies focusing on various exercise physiology scenarios and answer questions in essay format.</p> <p>Assessment Method Type: Case Study/Analysis</p>	<p>10/11/2011 - 80% of the students receive a grade of 3 or higher on the 5-point rubric in Spring 2011.</p> <p>Result: Target Met</p> <p>Year This Assessment Occurred: 2010-2011</p>	<p>10/11/2011 - Incorporate more online discussion forums.</p> <hr/>

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings	Reflection/Action Plan & Follow-Up
Education (PHED)) Assessment Cycles: 2010-2011 Course-Level SLO Status: Active	Target for Success: 80% of the students will receive a grade of 3 or higher on the 5-point rubric.		
Department - Physical Education (PHED) - PHED 9 - BASIC NUTRITION FOR SPORTS & FITNESS - 1 - Analyze - Analyze and critique personal dietary, hydration and supplementation needs required for daily exercise and health. (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 9 - BASIC NUTRITION FOR SPORTS & FITNESS - 2 - Dietary Plan - A successful student will develop and justify a three day dietary plan for distance running. (Created By Department - Physical Education (PHED)) Assessment Cycles: 2010-2011 2011-2012 2012-2013 Course-Level SLO Status: Active			