

## Basic Program Information

<b>Department Name:</b>	Kinesiology and Athletics
<b>Division Name:</b>	Fine Arts, Kinesiology and Athletics

### Program Mission(s):

Believing that good health and fitness contribute to the overall quality of life and are vital to healthful development and functioning across the life span and through the entire range of human circumstances, the mission of the Kinesiology and Athletics Department is to promote healthy living and healthy choices in our diverse community. The PE AA combined with our Certificate of Achievements is for those students who want to gain knowledge and experience to pursue careers in the Health and Fitness Industry, at the entry level. The department also offers courses students may take that are transferrable to complete their GE patterns in other majors to four -year schools.

Please list all Program Review team members who participated in this Program Review:

Name	Department	Position
Jeff Bissell	Kinesiology and Athletics	Professor
Don Mac Neil	Kinesiology and Athletics	Professor
Bubba Gong Carolyn Stewart	Kinesiology and Athletics	Professor Adjunct Professor

Please include the following information about your program:

Total number of Full Time Faculty:	13
Total number of Part Time Faculty:	
Total number of Classified Professionals:	3

<b>Please list all existing Classified positions:</b>
1 Administrative Assistant
2 Equipment Manager

List all Programs\* covered by this review & check the appropriate column for program type:

Program Name	Certificate of Achievement Program	Associate Degree Program	Pathway Program
<b>Physical Education</b>		X	


\*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 (i.e. Integrated Reading and Writing, Math My Way, etc.) You will only need to address those data elements that apply.

### Section 1: Data and Trend Analysis

Please complete the appropriate data elements.

#### A) Instructional Program Data:

Data will be posted on <http://foothill.edu/staff/irs/programplans/programreviewdata.php>

You must manually copy data in the boxes below for every degree or certificate of achievement covered by this program review.

Certificate and Degree Programs	2011-2012	2012-2013	2013-2014	% Change
<i>Physical Education</i>	9	7	12	42%

	2011-2012	2012-2013	2013-2014	% Change
<b>Enrollment</b>	12,322	10,275	4578	-55
<b>Productivity (College Goal 2014-15: 535)</b>	488	459	459	-0.1

#### B) Student Services Programs Data

Please enter the number of students served over the last 3 years.

	2011-2012	2012-2013	2013-2014	% Change
<b>Students Served</b>				

This data was obtained via the following sources (circle): CCC Apply, Ask Foothill, Credentials, SARS, Other (List) \_\_\_\_\_

#### C) Administrative Unit Data

Please enter the information below.

Dimension	2011-2012	2012-2013	2013-2014
<b>Students Served (Unduplicated)</b>			

<b>Faculty Served</b>			
<b>Staff Served</b>			
<b>Full-time FTEF</b>			
<b>Part-time FTEF</b>			
<b>Full-time Staff</b>			
<b>Part-time Staff</b>			

Using the data entered for your program above, briefly comment (1-3 paragraphs) on changes in students or staff served, enrollment and/or productivity for your program in the last year.

What changes have been made or are planned as a result of your analysis of the data? (for example, new curriculum, new pre-requisites, a focus on student retention, changes in teaching approaches informed by SLO Assessments, changes in when classes are scheduled, better use of technology, etc.)

The department has developed two new courses for the personal trainer cert. (Kins 52 Fitness Assement Techniques for the Personal Trainer and Kins 53 Current Topics for the Personal Trainer) both to be offered next year when the Personal Trainer Cert program is launched. The last academic year also saw the initiation of numerous major course reorganization brought on family classifications and repeatability restrictions. Because, of this many SLO's are in an early cycle of review and therefore assessment of changes is in its infancy. For more established courses most assessments have been positive and achieved

## Section 2: Student Equity

The college is committed to student equity, defined by the Student Equity Workgroup as fostering similar outcomes for all students. One targeted area for improvement in this year's Student Equity plan is to increase the course completion rates for African American, Latino, and Pacific Islander students over the next three years by 3 percentage points.

Please describe how you see members of your program contributing to this goal.

The Kinesiology and Athletics (PE) success rate among the targeted group has maintained or improved the level of completion between low of 80% (African American) to high 89% (Pacific Islander) which is well above the average for the college. As a whole the department continues to address course content on a specific level in an attempt to address the diverse needs that will motivate to complete their courses.

Please review the equity data available to you on the students served in your program and their outcomes by ethnicity (including, for instructional programs, course success rates by ethnicity). If differences exist, what efforts have members of your program undertaken or discussed to address them? If your program has undertaken any initiatives or interventions as a result of these efforts or discussions, please share what you have learned as a result of these initiatives.

The Kinesiology and Athletics (PE) success rate among ethnicity ranges between low of 80% (African American) to high 92% (decline to state) which is well above the average for the college. As a department we try to find ways to address the course content in attempt to reduce the difference that exist between ethnicity and improve overall course success.

### Section 3: Outcomes Assessment Summary

**A) Attach 2013-2014 Course-Level (for Instructional Programs Only) – Four Column Report for CL-SLO Assessment from TracDat, please contact the Office of Instruction to assist you with this step if needed.**  
See attached

**B) Attach 2013-2014 Program Level – (for all programs) 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**

See attached

### Section 4: Assessment and Reflection

**Based on your assessment data and reflections, please respond to the following prompts.**

**A) For instructional programs only, what curricular, pedagogical or other changes have you made as a result of your course level student learning outcomes (CL-SLO) assessments?**

The department has developed two new courses for the personal trainer cert. (Kins 52 Fitness Assessment Techniques for the Personal Trainer and Kins 53 Current Topics for the Personal Trainer) both to be offered next year when the Personal Trainer Cert program is launched. The last academic year also saw the initiation of numerous major course reorganization brought on family classifications and repeatability restrictions. Because, of this many SLO's are in an early cycle of review and therefore assessment of changes is in its infancy. For more established courses most assessments have been positive and achieved.

**B) For instructional programs only, how has assessment of program-level student learning outcomes led to certificate/degree program improvements? Have you made any changes to your program based on the findings?**

In order to better prepare our students educational and vocational goals the department is moving forward with a pending Certificate of Achievement. Also the department wants to rename the native Physical Education AA to a Kinesiology AA. This would rework allow the degree to help meet the educational needs of those students who choose not to get ADT in Kinesiology but who would still like to transfer to non-CSU schools. This degree would also link with the Certificate to help those students improve the ability to enter the workforce at a high wage level.

For all programs: Instructional, Students Services, Administrative

**C) How do the objectives and outcomes in your area relate to the program-level student learning outcomes and to the college mission?**

Mission Statement: Foothill College offers educational excellence to diverse students seeking transfer, career preparation and enhancement, and basic skills mastery. We are committed to innovation, ongoing improvement, accessibility and serving our community.

The department serves the core missions of the college in many ways. The college mission is served by providing course work that allows for students wishing to transfer pursuing a four-year degree in kinesiology or other health and fitness related area.

Career preparation will be served with the addition of the Certificate of Achievement in Personal Training. Additionally the department serves, primarily through its GE offerings, serves the ILO's of critical thinking, communication, and community. Finally the department looks to better serve the community by offering low cost Fitness Screening when Personal Training begins which will allow it to pay for the program but also raise awareness of Foothill College in the community and serve as a magnet for students in the field of Kinesiology and emphasize Foothill commitment to innovation.

**D) What do members of your program do to ensure that meaningful dialogue takes place in both shaping and evaluating/assessing your program's student learning outcomes?**

The Physical Education department faculty meet throughout the term to discuss a varied range of topics including, but not limited to department projects, SLO's, budgetary strategies, new course offerings and addressing any other issue that may come up. While no official recording of these meetings exist, they are typically productive and conclude with action.

## Section 5: Program Goals

**Please comment on progress you have made on program goals from prior program reviews.**  
Check the appropriate status box & provide explanation in the comment box.

Goal/Outcome (This is NOT a resource request)	Related to prior resource request (Y/N)	Status: Completed, In progress or Revised	Comment on Status
1. Increase the number of AA degrees	y	In progress	Have seen an increase in degrees given with the introduction of the Personal Training Cert. expect to see increase in this degree
2. Work with Marketing on web page development	y	In progress	<a href="#">We are planning on updating our web page and look forward to working with Director of Marketing Andrea Hanstein</a>
3. Increase number of face to face classes offered	Y	In progress	Data provided by office of instruction certificates and curriculum might attract more students from different demographics. This Certificate Personal Trainer has moved on to the state for approval looking forward to it coming online fall 2015. This is a workforce development program.
4. Introduction of new certificates and curriculum	y	In progress	

**Please list any new goals for your program you would like to undertake this year.** The goals should be linked to the college mission and be driven by data (including student and program learning outcomes reflections).

Goal/Outcome (This is NOT a resource request)	How will this goal improve student success or respond to other key college initiatives?	How will progress toward this goal be measured?
1.		

## Section 6: Program Resources and Support

**To be completed only if making a new resource request.**

Using the tables below, summarize your program's unfunded resource requests. Refer to the Operations Planning Committee website: <http://foothill.edu/president/operations.php> for current guiding principles, rubrics and resource allocation information.

#### Full Time Faculty and/or Staff Positions

Position	Related Goal from Table in section 5 and how this resource request supports this goal.	Was position previously approved in last 3 years? (y/n)

#### Unbudgeted Reassigned Time (calculate by % reassign time x salary/benefits of FT)

Indicate duties covered by requested reassign time:

Responsibility	Related Goal from Table in section 5 and how this resource request supports this goal.	% Time
Department Chair	Works to meet our long term goal of having someone interact between the dean and our department who can represent the department and work toward student success.	
Coordinator Personal Trainer Program	Gives needed resources to increase student success Furthermore, increases retention of current students	

#### One Time B Budget Augmentation

Description	\$ Amount	Related Goal from Table in section 5 and how this resource request supports this goal.
Medicine Ball 2 lb x 5	\$19.95 ea.	Supports goal 3 and 4. This will allow for increased inclusion of all students of all physical abilities and fitness levels to fully participate in classes. These supplies will augment/replace missing or broken equipment. Most of
Medicine Ball 4lb x 5	\$23.95 ea	
Medicine Ball 6 lb x 3	\$31.95 ea	
Light foam roller x6	\$21.00 ea	
Medium Foam rollers x30	\$19.95 ea	
Training Ropes x6	\$79.95 ea	
Kettle Bells 2k.g x10	\$15.95 ea	
Kettle Bells 4k.g x 10	\$ 19.35 ea.	
All purpose exercise bands		

<b>Light x 2</b>	\$24.95 ea	the current equipment is showing signs of wear which may lead to safety issues.
<b>Medium x 5</b>		
<b>Heavy x 5</b>		
<b>Extra heavy x3</b>		
<b>Mini Bands</b>	\$14.95 per pack	
<b>Medium 10 pack x4</b>	\$ 16.95 per pack	
<b>Heavy 10 pack x2</b>	\$18.95 per pack	
<b>Extra heavy 10 pack x1</b>	\$10.75 ea	
<b>Stretching Straps x15</b>		
<b>Dumb Bells</b>	\$10 ea	
<b>5lb x10</b>	\$ 13.70 ea	
<b>7lb x 6</b>	\$ 18.00 ea	
<b>9lb x 6</b>	\$23.00 ea	
<b>12lb x 4</b>		
<b>Total</b>	\$3092.35	
<b>Shipping</b>		
<b>Tax</b>	\$ 451.00	

### Ongoing B Budget Augmentation

Description	\$ Amount	Related Goal from Table in section 5 and how this resource request supports this goal.

### Facilities and Equipment

Facilities/Equipment Description	\$ Amount	Related Goal from Table in section 5 and how this resource request supports this goal.
<b>Bod pod</b> A Standard Body Composition Tracking System is an air displacement plethysmograph which uses whole-body	Costs: \$32,450 Shipping \$1150 Local tax \$2839.38 Number of Bod Pod Tests per day 2 Number of test per month 44	4. Starting the new Personal Trainer cert . and course's. This equipment is needed so that Kins 51 can be taught which is a capstone course for the PERSONAL TRAINER CERT. the students learn how to use equipment

<p><b>densitometry to determine body composition (fat and fat-free mass) in adults, and can accommodate a wide range of populations. A full test requires only about 5 minutes, and provides highly accurate, safe, comfortable, and fast test results. Each BOD POD is a complete turnkey system with a dedicated computer system, the ability to measure thoracic gas volume (TGV), and data management capabilities.</b></p>	<p>Life of the system 120 months cost per test \$6.90  Technician cost \$25.00 Technician time required in minutes 5 Cost of technician per test \$2.08  Administrative personal per hour \$25.00 Administrative time in minutes 10 Cost per test \$4.17  Profits Total cost to perform analysis \$13.15 Client reimbursement \$75.00 profit per test \$61.85 number of test per year 528 Profit per year \$32,656.06 Break even point 13.4 months</p>	<p>which will prepared them to enter the workforce with the skills to needed to be employed as a Personal Trainer. There is also a chance of offering this fitness test to our students ,faculty, staff and community which would allow for critical funding of this program.</p>
<p><b>Fitmate Cardiopulmonary Exercise system</b> The Fitmate is designed to test</p>	<p>Cost \$12, 745 Shipping \$101 Tax \$1,115.20</p>	<p>4. Starting the new Personal Trainer cert . This equipment is</p>

<p>for Cardio Pulmonary Exercise Testing the measurement of Oxygen consumption in both clinical and athletic exercise testing. Fitmate PRO is a one of a range of desktop devices with battery charging, a large LCD screen and inbuilt printer that allows testing without a computer or mains power lead. Fitmate PRO manages test results and stores all information inside its internal memory, ready for upload to PC software (included). Fitmate PRO measures VO2max, calculates sub-max VO2, measures Resting Metabolic Rate and provides additional features like the calculation of heart rate Training Zones (using the client's unique relationship between oxygen consumption and HR), weight management programming and a complete Fitness Assessment programm based on American College of Sports Medicine guidelines.</p>	<p># of test per day 3 # test per month 66 Life of system 22 months Cost per test \$2.52 Technician cost per test \$25.0 Time required 60 minutes Cost of Technician per test \$25.00 Administrative cost \$25.00 per hour Time in minutes 5 Adminsitive cost per test \$2.08</p> <p>Profits: Total cost per test \$29.60 Client Cost \$140.00 Profit per test \$110.40 # of test per year 792 profit \$87,435.53</p> <p>Break even point in months 1.9</p>	<p>needed so that the students will be prepared to enter the workforce with the skills to needed to be employed as a Personal Trainer. There is also a chance of offering this fitness test to our students ,faculty, staff and community which would allow for critical funding of this program</p>
<p><b>Monark 828 E Test Ergometer</b></p> <p><b>Heart Rate Monitors( EKHO E-10)</b></p> <p><b>Blood Pressure Cuffs</b></p> <p><b>Stethoscopes</b></p> <p><b>Teaching Stethoscopes</b></p> <p><b>Lange Skin Fold calipers</b></p> <p><b>Baseline calipers</b></p> <p><b>Gulick Tape measurement</b></p> <p><b>AccuTest 1 flexibility</b></p>	<p>2@ \$3000 ea 10 @ \$61ea</p> <p>10 @ \$25ea 10@ \$25 ea 2@ \$131 ea 2@\$300 ea 5@ 200 ea 10@\$20 ea 1@ \$250</p>	<p>. Starting the new Personal Trainer cert . This equipment is needed so that the students will be prepared to enter the workforce with the skills to needed to be employed as a Personal Trainer. There is also a chance of offering this fitness test to our students ,faculty, staff and community</p>

		which would allow for critical funding of this program
--	--	--

## Section 7: Program Review Summary

Address the concerns or recommendations that were made in prior program review cycles, including any feedback from Dean/VP, Program Review Committee, etc.

Recommendation	Comments
1.concern that no true Kinesiology parent page exists	Kinesiology now has its own listing in the class schedule
2. Work on completing new Certificate programs	The personal Trainer Cert has moved forward and is now at the State Chancellor's office waiting for approval.

A strength of this department is the commitment of the faculty to provide a dynamic and current educational experience for our students. To this end we regularly attend conferences, seminars and other activities so that we remain current and up to date on trends and research in our area so that our students receive the benefit of this knowledge. We continue to strive to find solutions in the face of adversity of the state imposed changes. We will be adding a new certificate of achievement hopefully in the coming year which should attract a new student population and this also will be a work force development and moving away from just activity course and more towards lecture seeking population. The future of the department will be filled with new challenges but we look forward to continued student success and excellence as our primary goal. We have built a popular, well respected, award-winning Dance curriculum which supports the Kinesiology Division in its mission: dance as an athletic, aesthetic, and artistic expression of the human experience.

Currently, in its 29<sup>th</sup> Season, Foothill College Dance, a 4 time Olympiad of the Arts consecutive First Place winner, continues to collaborate with Bay Area Colleges and Universities including the Fall quarter Dance Collage hosted at CCSF, the South Bay Dance Collective in Winter quarter, informal Winter Showcase benefiting Toys for Tots in brown bag in Studio, and our full theatrical scale production at Smithwick Theatre in Spring. Our award winning faculty consist of two full time instructors and three part-time instructors. Bubba Gong, founder of the Repertory Dance Company, has been selected Opening Choreographer of The Chinese New Year Parade in San Francisco which will be televised live on March 7, 2015 and will showcase Foothill Dance in diversity and excellence. Gong, a Bay Area Theatre Critics Circle, Dean Goodman and Drama-Logue recipient has served on the adjudicating Panels for Emerging Artists for Silicon Valley Arts Council and Peninsula Community Foundation and on the Board of The Association of Asian Pacific American Artists. He was honored to choreograph the 41<sup>st</sup> Annual California Emmy Awards streamed live to 11 countries.

For more than a quarter century, Foothill dance has helped students build confidence, discipline and determination to see their dreams to reality. The classes foster a belief in the power of mind, body and spirit in a community dancing in One world, One Beat. Gong wrote new curriculum from Hip Hop to Contemporary, Musical Theatre to Dance Conditioning. Dance alumni include Jon Chu who directed Step Up II and GI Joe, Oleg Bakliav touring with Cirque du soleil, Omi Fernandez in Miss Saigon and other Foothill alumni who have transferred to outstanding Universities including Diane Ngo and Stephanie O'Hara at UCLA, Stephanie Anderson at San Jose State, Haileigh McConnell at San Francisco State, and Amanda Hancock at Cal Poly to mention a few.

Challenges include the issue of "repeatability" and the confusion of "Dance Families."

We are working to bring back the population which was isolated and those who went to private dance studios, health clubs, or other colleges and out of state to continue their dancing.

We have opened a dialogue with Charlie McKellar and proposals for dance in Community Education for options for this demographic.

In conclusion, Dance classes, as part of our Physical Education and Kinesiology Division, illuminates the transmission of culture through the physical connection of mind, body and spirit in a creative laboratory of learning, fun, and passion.

**a. After reviewing the data, what would you like to highlight about your program?**

**Section 8: Deans Feedback and Follow Up**

**This section is for the Dean to provide feedback.**

**A) Strengths and successes of the program as evidenced by the data and analysis:**

There is a lot of great things to be said about Physical Education at Foothill. The Dance Program is excellent and well known in the Bay Area. The completion rate is very good. There was a 42% increase in degrees awarded. Productivity has remained steady. The faculty is very good. The 55% decrease in enrollment cannot be ignored, however, and it's not all attributable to repeatability.

**B) Areas of concern, if any:**

This area needs a complete overhaul, as we have discussed at the college level and the division level. Clearly, the model in place is non-functional in the current academic climate in California, and unfortunately, the division has found itself, for whatever reason, paralyzed to address the overwhelming changes needed. It is my job as Dean to provide the leadership necessary to bring this program back to its once proud status, and I am very encouraged by the receptiveness of the faculty and staff to the changes I am proposing.

One area that stands out in this review is the lack of goals!

**C) Recommendations for improvement:**

- A. Completely rethink the entire program in a realistic manner.
- B. Work in an open and collegial manner with the college and district to repair our facilities.
- C. Recognize and accept our need to rent facilities based on the current structure for enhanced revenue.
- D. Continue to recruit students, emphasizing the academic opportunities that a Foothill education provides.
- E. Become an integral part of the college community.
- F. Revise all of our curriculum, and write new classes that can attract student populations currently unaddressed.
- G. Develop a clear cut and cohesive set of goals. Where do we want to be in 5 years?

**D) Recommended next steps:**

- Proceed as planned on program review schedule
- Comprehensive Program Review (Out of cycle) Recommended
- Remediation Plan Recommended

*Upon completion of section 8, the Program Review should be returned to department faculty and staff for review, and then submitted to the Office of Instruction and Institutional Research for public posting. See timeline on Program Review Cover Sheet.*

--

--

# Unit Course Assessment Report - Four Column

## Foothill College Department - Physical Education (PHED)

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
Department - Athletics (ATHL) - ATHL 11 - INTERCOLLEGIATE BASKETBALL I (MEN) - Application of knowledge - Upon completion students should be able to execute game strategies appropriate to the sport, demonstrating an understanding of those strategies. (Created By Department - Athletics (ATHL))	<b>Assessment Method:</b> Students will learn and practice numerous basketball techniques and strategies throughout the course. Each strategy will be taught and retaught to achieve the goal of the class. Observation of these strategies will take place on daily basis with critique in the classroom and on film. <b>Assessment Method Type:</b> Observation/Critique <b>Target for Success:</b> With the riggers of collegiate basketball i expect the students to master all subjects and strategies covered.	05/15/2014 - I had 11 of my 12 students reach a mastery level of understanding and demonstrating the game strategies that the class put forth. My 1 student who did not came close but he had trouble being able to adapt quickly to changing situations. In the future i would like to make an effort to reach out to him to put in extra time. <b>Result:</b> Target Not Met <b>Year This Assessment Occurred:</b> 2013-2014	
Department - Athletics (ATHL) - ATHL 12E - 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))	<b>Assessment Method:</b> Students will demonstrate proficiency in offensive and defensive basketball skills <b>Assessment Method Type:</b> Observation/Critique <b>Target for Success:</b> 90% of students demonstrate proficiency in offensive and defensive basketball skills		
<b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> Observe students describing and demonstrating technical and tactical skills of basketball <b>Assessment Method Type:</b> Observation/Critique <b>Target for Success:</b> %90 of all students will successfully describe and demonstrate technical and tactical skills		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>Department - Athletics (ATHL) - ATHL 21 - INTERCOLLEGiate SOCCER I (MEN) - Demonstration of Technique - Upon completion students should demonstrate skills required to be proficient in playing the game of soccer. (Created By Department - Athletics (ATHL))</p> <p><b>Assessment Cycles:</b> End of Academic Year</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Students will be able to demonstrate skills required to be proficient in playing the game of soccer.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 70% of student will be able to demonstrate the skills needed to play soccer.</p>	<p>11/12/2014 - 90% of students were able to demonstrate the skill needed to play soccer.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p> <p>11/12/2014 - 90% of students were able to demonstrate skills required to be proficient in playing soccer.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Athletics (ATHL) - ATHL 21 - INTERCOLLEGiate SOCCER I (MEN) - Application of Knowledge - Upon completion students should be able to execute game strategies appropriate to the sport, demonstrating an understanding of those strategies. (Created By Department - Athletics (ATHL))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Students will be able to execute game strategies and demonstrate and understanding of those strategies.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 70% of students will be able to demonstrate an understanding of game strategies.</p>	<p>11/12/2014 - 100% of students were able to demonstrate and understanding of game strategies.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Athletics (ATHL) - ATHL 21E - 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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Students will be able to demonstrate increased degree of offensive and defensive skills.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 80% of student athletes will pass the class.</p>		
<p>Department - Athletics (ATHL) - ATHL 22 - INTERCOLLEGiate SOCCER I (WOMEN) - Application of knowledge - upon completion the student will understand basic team</p>	<p><b>Assessment Method:</b> In this class I observed the student's understanding the basics of team concepts.</p> <p><b>Assessment Method Type:</b></p>	<p>07/03/2014 - I observed 100% of the students understanding the basics concepts of soccer.</p> <p><b>Result:</b> Target Met</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
concepts and soccer movements (Created By Department - Athletics (ATHL))	Observation/Critique <b>Target for Success:</b> 90%	<b>Year This Assessment Occurred:</b> 2013-2014	
<b>Course-Level SLO Status:</b> Active			
Department - Athletics (ATHL) - ATHL 22 - INTERCOLLEGiate SOCCER I (WOMEN) - Demonstration of technique - Upon the completion of the class the student will be able to demonstrate an understanding of the applicable history, rules, strategies, current research, safety and etiquette appropriate to the specific activity of soccer. (Created By Department - Athletics (ATHL))	<b>Assessment Method:</b> I will observe the students to make sure they will be able to demonstrate an understanding of the applicable history, rules, strategies, current research, safety and etiquette appropriate to the specific activity of soccer. <b>Assessment Method Type:</b> Observation/Critique <b>Target for Success:</b> 90%	07/03/2014 - I observed 100% of the class was able to demonstrate an understanding of the applicable history, rules, strategies, current research, safety and etiquette appropriate to the specific activity of soccer by the end of the quarter. <b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014	
<b>Course-Level SLO Status:</b> Active			
Department - Athletics (ATHL) - ATHL 31 - INTERCOLLEGiate SOFTBALL I (WOMEN) - SLO 1 - Upon completion students should demonstrate skills at a level which could qualify a student athlete for NCAA and NAIA competition. (Created By Department - Athletics (ATHL))	<b>Assessment Method:</b> Practice and game execution of advanced softball fundamentals. <b>Assessment Method Type:</b> Observation/Critique <b>Target for Success:</b> 80%	11/11/2014 - 90% of students demonstrated skills at a level which could qualify a student athlete for NCAA and NAIA competition. <b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014	
<b>Course-Level SLO Status:</b> Active			
Department - Athletics (ATHL) - ATHL 31 - INTERCOLLEGiate SOFTBALL I (WOMEN) - SLO- 1 - Upon completion students should demonstrate skills at a level which could qualify a student athlete for NCAA or NAIA competition. (Created By Department - Athletics (ATHL))	<b>Assessment Method:</b> Practice and game observation <b>Assessment Method Type:</b> Observation/Critique <b>Target for Success:</b> 90%	11/11/2014 - 100% of students were able to execute game strategies appropriate to the sport. <b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014	
<b>Assessment Cycles:</b> End of Academic Year <b>Start Date:</b> 11/11/2014 <b>End Date:</b> 11/11/2015			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p><b>Course-Level SLO Status:</b> Active</p> <p>Department - Athletics (ATHL) - ATHL 32 - INTERCOLLEGIATE SWIMMING I (MEN &amp; WOMEN) - slo 1 - Upon completion student athletes should be able to execute race strategies appropriate to the sport, demonstrating and understanding those strategies. (Created By Department - Athletics (ATHL))</p> <p><b>Assessment Cycles:</b> End of Academic Year</p> <p><b>Start Date:</b> 11/11/2014</p> <p><b>End Date:</b> 11/11/2015</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Through observation at practice student athletes will show an ability to execute race strategies appropriate to the sport, demonstrating and understanding those strategies.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 80% of participating student athletes will show an ability to execute race strategies appropriate to the sport, demonstrating and understanding those strategies.</p>	<p>11/12/2014 - 100% of participating student athletes showed an ability to execute race strategies appropriate to the sport, demonstrating and understanding those strategies.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Athletics (ATHL) - ATHL 32 - INTERCOLLEGIATE SWIMMING I (MEN &amp; WOMEN) - slo 2 - Upon completion students should demonstrate skills at a level which could qualify a student athlete for NCAA and NAIA competition. (Created By Department - Athletics (ATHL))</p> <p><b>Assessment Cycles:</b> End of Academic Year</p> <p><b>Start Date:</b> 11/11/2014</p> <p><b>End Date:</b> 11/11/2015</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Through observation at practice and competition student athletes will show the skills at a level which could qualify a student athlete for NCAA and NAIA competition.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 80% of student athletes will show abilities and understanding at a level which could qualify a student athlete for NCAA and NAIA competition.</p>	<p>11/12/2014 - 100% of student athletes showed abilities and understanding at a level which could qualify a student athlete for NCAA and NAIA competition.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Athletics (ATHL) - ATHL 32E - INTERCOLLEGIATE SWIMMING (MEN &amp; WOMEN) - slo 1 - Application of Knowledge - Perform with an increasing degree of the proficiency with both offensive and defensive skills of swimming. (Created By Department - Physical Education (PHED))</p>	<p><b>Assessment Method:</b> Pre/Post test to evaluate increased level of proficiency.</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will succeed.</p>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> Pre/Post test to evaluate increased level of proficiency. <b>Assessment Method Type:</b> Pre/Post Test <b>Target for Success:</b> 80% of students will succeed.		
Department - Athletics (ATHL) - ATHL 32E - INTERCOLLEGIATE SWIMMING (MEN & WOMEN) - SLO 2 - Application of knowledge - Describe the technical and tactical skills of swimming. (Created By Department - Physical Education (PHED))	<b>Assessment Method:</b> Observe through participation in practice and understanding of the skills needed to qualify a student athlete for NCAA or NAIA competition. <b>Assessment Method Type:</b> Observation/Critique <b>Target for Success:</b> 90% of students will understand the skills needed to compete at the NCAA or NAIA level.	11/12/2014 - 100% of students showed an understanding of the skills needed to compete at the NCAA or NAIA level.	<b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014
<b>Course-Level SLO Status:</b> Active			
Department - Athletics (ATHL) - ATHL 33 - INTERCOLLEGIATE WATER POLO I (WOMEN) - Demonstration of Technique - Upon completion students should demonstrate skills at a level which could qualify a student athlete for NCAA and NAIA competition. (Created By Department - Athletics (ATHL))	<b>Assessment Method:</b> Through participation at practice students will show the ability to execute game strategies appropriate to the sport, demonstrating and understanding of those strategies. <b>Assessment Method Type:</b> Discussion/Participation <b>Target for Success:</b> 90% of participates will execute game strategies appropriate to the sport, demonstrating and understanding of those strategies.	11/12/2014 - 100% of students executed game strategies appropriate to the sport, demonstrating and understanding of those strategies.	<b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014
<b>Course-Level SLO Status:</b> Active			
Department - Athletics (ATHL) - ATHL 4 - INTERCOLLEGIATE FOOTBALL (MEN) -	<b>Assessment Method:</b> Test their skill in either offense or defense	11/12/2014 - 100 % of student athletes showed proficient skills in either offense or defense	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>SLO 1 - Application of Knowledge - Perform with an increasing degree of proficiency the offensive and defensive skills of football. (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p>through drills and scrimmage performance.</p>	<p>through drills and scrimmage performance.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	<p>10/12/2014 - All our athletes showed the ability to perform skills on offense or defense that allowed them to be apart of our team and program</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>
	<p><b>Assessment Method:</b> Through observation participating student athlete will show an increasing degree of proficiency the offensive and defensive skills of football.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 90% of student athletes will show an increasing degree of proficiency the offensive and defensive skills of football.</p>	<p>11/12/2014 - 100% of student athletes showed an increasing degree of proficiency the offensive and defensive skills of football.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Athletics (ATHL) - ATHL 4 - INTERCOLLEGIATE FOOTBALL (MEN) - SLO 2 - Application of knowledge - Describe the technical and tactical skills of football. (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Through participation student athletes will demonstrate technical and tactical skills of football.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 80% of student athletes participating will demonstrate technical and tactical skills of football.</p>	<p>11/12/2014 - 100% of student athletes will demonstrate technical and tactical skills of football.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Athletics (ATHL) - ATHL 42 - INTERCOLLEGIATE VOLLEYBALL I (WOMEN) - Demonstration of technique -</p>	<p><b>Assessment Method:</b> Observation of participation in athletic contest that demonstrates skill level that</p>	<p>06/19/2014 - 85% demonstrated skill level that would qualify them to move on to a NCAA or NAIA level.</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>Upon completion students should demonstrate skills at a level which could qualify a student athlete for NCAA and NAIA competition. (Created By Department - Athletics (ATHL))</p> <p><b>Assessment Cycles:</b> End of Academic Year</p> <p><b>Start Date:</b> 01/30/2014</p> <p><b>End Date:</b> 06/29/2015</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p>would qualify student athlete to move on to the NCAA or NAIA level.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 70 % of athletes demonstrate skill level.</p>	<p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Athletics (ATHL) - ATHL 42 - INTERCOLLEGIATE VOLLEYBALL I (WOMEN) - Application of knowledge - Upon completion students should be able to execute game strategies appropriate to the sport, demonstrating an understanding of those strategies. (Created By Department - Athletics (ATHL))</p> <p><b>Assessment Cycles:</b> End of Academic Year</p> <p><b>Start Date:</b> 01/30/2014</p> <p><b>End Date:</b> 06/29/2015</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Observing game performance and ability to execute game strategies and plan.</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p> <p><b>Target for Success:</b> 70% of student athletes are able to execute game strategies and plan.</p>	<p>06/19/2014 - 85% student athletes can execute game plan/strategies in competition.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Athletics (ATHL) - ATHL 44E - 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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Observations of competitive play</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> How a player competes.</p>		
<p>Department - Athletics (ATHL) - ATHL 44E - INTERCOLLEGIATE TENNIS (MEN) - SLO</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Pre-match and post-match critique</p>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>2 - Application of knowledge - Understand and implement the technical and tactical skills of tennis. (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p>Observation</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> Performance improvement in seceding competitions.</p>		
<p>Department - Athletics (ATHL) - ATHL 45 - INTERCOLLEGIATE TENNIS I (WOMEN) - SLO 2 - Application of knowledge - Understand and implement the technical/tactical skills of intercollegiate tennis. (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Observe performance in match play. Do a pre and post match critique</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 85% of the players would be successful.</p>	<p>06/16/2014 - 100% of the players implemented technical and tactical skills of intercollegiate tennis. ALI players were knowledge of formations and execution of advanced strategy.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Athletics (ATHL) - ATHL 45 - INTERCOLLEGIATE TENNIS I (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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Observe and critique the skills sets.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 85% would become proficient.</p>	<p>06/16/2014 - 100% of the students became more proficient with their offensive and defensive skills. Players were able to understand formations and execute the proper shot or play.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 1 - INTRODUCTION TO PHYSICAL EDUCATION AS A PROFESSION - SLO 2 - Job tasks - Evaluate career options in the field of kinesiology and customize career goals as they relate to the discipline of kinesiology (Created By Department - Physical Education (PHED))</p> <p><b>Assessment Cycles:</b> End of Academic Year</p> <p><b>Start Date:</b> 09/22/2013</p> <p><b>End Date:</b> 06/29/2015</p>	<p><b>Assessment Method:</b> The students will complete a cover letter, resume, reflection, and professional philosophy for their final project.</p> <p><b>Assessment Method Type:</b> Class/Lab Project</p> <p><b>Target for Success:</b> 80% of students will have completed the project with given standards.</p>	<p>07/02/2014 - 92% of students completed the final project which included a cover letter, resume, reflection, and philosophy.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> What school, home, and community interventions, taken together or separately, would increase the likelihood of achieving public health goals in the next generation? <b>Assessment Method Type:</b> Essay/Journal <b>Target for Success:</b> 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.		
Department - Physical Education (PHED) - PHED 1 - INTRODUCTION TO PHYSICAL EDUCATION AS A PROFESSION - SLO 1 - Knowledge - Analyze current issues in America involving physical activity (Created By Department - Physical Education (PHED))	<b>Assessment Cycles:</b> End of Academic Year <b>Start Date:</b> 09/22/2013 <b>End Date:</b> 06/29/2015 <b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> Comprehensive Final Exam - multiple choice, fill in the blank, true/false and short answer <b>Assessment Method Type:</b> Exam - Course Test/Quiz <b>Target for Success:</b> 75% or better is a passing grade	
	<b>Assessment Method:</b> The students will critique the article, Healthy People 2012, which is offers physical activity objectives for the USA for the decade of 2010-2020. They will offer their critical opinion plus answer questions regarding the article. <b>Assessment Method Type:</b> Essay/Journal <b>Target for Success:</b> 80% of students will complete this assignment.	07/02/2014 - 85% of students completed this assignment. <b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014	
Department - Physical Education (PHED) - PHED 10A - AQUATICS: LEVEL I, BEGINNING SWIMMING - SLO 1 -	<b>Assessment Method:</b> Instructor observation <b>Assessment Method Type:</b>	06/18/2014 - 100% of students who completed this course were water safe <b>Result:</b>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>Knowledge - Demonstrate basic water safety skills</p> <p>a. floating</p> <p>b. backstroke</p> <p>c. freestyle (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p>Presentation/Performance</p> <p><b>Target for Success:</b> 100% of student who complete this course will be water safe</p>	<p>Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p> <p>06/18/2014 - 100 % of students who completed this course were water safe</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>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))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Instructor Observation</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p> <p><b>Target for Success:</b> 100% of student will become water safe</p> <p><b>Assessment Method:</b> instructor Observation</p> <p><b>Assessment Method Type:</b> Discussion/Participation</p> <p><b>Target for Success:</b> 100% of students will be water safe</p>	<p>06/18/2014 - 100% of students who completed the course demonstrated confidence in and around the water</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 10B - AQUATICS: LEVEL II, INTERMEDIATE SWIMMING - SLO 1 - Knowledge - Demonstrate intermediate level skill proficiency in treading water, breaststroke &amp; butterfly. Apply basic knowledge of competitive starts and turns. Improve swimming endurance and overall level of physical fitness. (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Instructor Observation</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p>	<p>06/18/2014 - 80 percent of students were able to demonstrate an intermediate level skill proficiency in treading water, breaststroke, and butterfly. 100 percent of students improved swimming endurance and overall level of physical fitness.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p> <p><b>GE/IL-SLO Reflection:</b> Repeatability may be pushing students through the levels too quick as those students that were non-swimmers in 10A were then forced to take 10B. Most of the students are able to complete this SLO,</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
	<p><b>Assessment Method:</b> Instructor observation</p> <p><b>Assessment Method Type:</b> Discussion/Participation</p> <p><b>Target for Success:</b> 85% of students show intermediate level skill proficiency.</p>	<p>however, it is apparent that there are two distinct groups of 10B swimmers. Those that took 10A having background in swimming and those that came as non-swimmers.</p>	
<p>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))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Instructor Observation</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p>	<p>06/18/2014 - 100 percent of students were able to demonstrate a level of skill and strength in the water.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 10C - AQUATICS LEVEL III, MASTERS SWIMMING/ADVANCED SWIM TRAINING - SLO 1 - Application of Knowledge - Develop improved cardiovascular conditioning through competitive swimming. (Created By Department - Physical Education (PHED))</p> <p><b>Assessment Cycles:</b> End of Academic Year</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> To show the ability to swim all four competitive swim strokes.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 80% of students can swim all four competitive swim strokes.</p>	<p>06/18/2014 - 100% of students can swim all four competitive swim strokes.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 10C - AQUATICS LEVEL III, MASTERS SWIMMING/ADVANCED SWIM TRAINING - SLO 2 - Application of Knowledge - Demonstrate and explain</p>	<p><b>Assessment Method:</b> Show ability to write a week worth of swim workouts for a competitive swimmer.</p> <p><b>Assessment Method Type:</b> Discussion/Participation</p>	<p>06/18/2014 - 100% of students wrote a week worth of swim workouts for a competitive swimmer.</p> <p><b>Result:</b></p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>proper swimming techniques and demonstrate a knowledge of different types of competitive workout planning (Created By Department - Physical Education (PHED))</p> <p><b>Assessment Cycles:</b> End of Academic Year</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Target for Success:</b> 80% of students can write a week worth of swim workouts for a competitive swimmer.</p>	<p><b>Target Met</b> <b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 11A - WATER EXERCISE - SLO 1 - Knowledge - A successful student will be able to demonstrate the water exercise skills of running, cycling, cross country skiing, rock climbing as well as flutter-kicking, frog-kicking, scissor-kicking and a series of abdominal/core-strengthening exercises, using hand buoys and a flotation belt. (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> student will demonstrate understanding of and proficiency in all of the above skills during class drills</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 90%</p>	<p>06/18/2014 - 100 % of students were able to demonstrate the fundamental water exercise techniques.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 11A - WATER EXERCISE - SLO 2 - Application of knowledge - Demonstrate improvement in cardiovascular endurance by ability to gradually increase effort and duration of participation (Created By Department - Physical Education (PHED))</p> <p><b>Assessment Cycles:</b> End of Quarter</p> <p><b>Start Date:</b> 07/01/2013</p> <p><b>End Date:</b> 08/24/2013</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Through continuous observation and comparison, students will demonstrate increased effort and duration of participation</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 80%</p>	<p>06/18/2014 - 100 percent of students showed increased effort and duration of participation</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 11B - AQUATIC FITNESS - SLO 1 - Knowledge - Identify the basic training</p>	<p><b>Assessment Method:</b> Pre/Post test to evaluate increased level of proficiency.</p>	<p>06/18/2014 - 80% of students showed an increased level of proficiency.</p> <p><b>Result:</b></p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
principles of cardiovascular exercise (Created By Department - Physical Education (PHED))  <b>Course-Level SLO Status:</b> Active	<b>Assessment Method Type:</b> Pre/Post Test <b>Target for Success:</b> 80% of students will succeed.	<b>Target Met</b> <b>Year This Assessment Occurred:</b> 2013-2014 <b>Resource Request:</b> Kickboards, fins, pull bouys, lane lines, stop watches	
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))  <b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> Pre/Post test to evaluate increased level of proficiency. <b>Assessment Method Type:</b> Pre/Post Test <b>Target for Success:</b> 80% of students will succeed.	06/18/2014 - 80% of students showed an increase in proficiency. <b>Result:</b> Target Not Met <b>Year This Assessment Occurred:</b> 2013-2014	
Department - Physical Education (PHED) - PHED 11C - WATER AWARENESS - SLO 1 - Application of Knowledge - Demonstrate with increased proficiency the skills necessary to feel comfortable in shallow water (Created By Department - Physical Education (PHED))  <b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> Evaluate the increased proficiency in being comfortable in shallow water through discussion and participation. <b>Assessment Method Type:</b> Discussion/Participation <b>Target for Success:</b> 70% of students will show an increased proficiency in the skills to feel comfortable in shallow water	11/11/2014 - 80% of students will show an increased proficiency in the skills to feel comfortable in shallow water. <b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014	
Department - Physical Education (PHED) - PHED 11C - WATER AWARENESS - SLO 2 - Application of Knowledge - The student will understand the basic techniques of buoyancy including floating, kicking & forward propulsion. (Created By Department - Physical Education (PHED))  <b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> Evaluate students through discussion and participation to see if they understand the basic techniques of buoyancy including floating, kicking & forward propulsion. <b>Assessment Method Type:</b> Discussion/Participation <b>Target for Success:</b> 70% of students will show they understand the basic techniques of buoyancy including floating, kicking & forward propulsion.	11/11/2014 - 80% of students showed they understand the basic techniques of buoyancy including floating, kicking & forward propulsion. <b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<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 - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Instructor Observation</p> <p><b>Assessment Method Type:</b> Discussion/Participation</p> <p><b>Target for Success:</b> 75% of students who complete this course will show proper technique and an understanding for the game of water polo</p>	<p>06/18/2014 - 95% of participating students showed proper technique and an understanding of the game of water polo.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>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))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Students will demonstrate swimming, passing &amp; shooting skills at an intermediate/advanced level.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 80% of students will demonstrate swimming, passing &amp; shooting skills at an intermediate/advanced level.</p>	<p>06/18/2014 - 80% of students demonstrated swimming, passing &amp; shooting skills at an intermediate/advanced level.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 13B - ADVANCED WATER POLO - SLO 1 - Application of Knowledge - Ability to demonstration and perform the advanced skills of water polo. (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> To observe students during in class scrimmages to see if they show an understanding of the rules of the game of water polo.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 80% of students showed an understanding of the rules of the game of water polo.</p>	<p>11/11/2014 - 100 % of students showed an understanding of the rules of the game of water polo.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p> <p>06/18/2014 - 90% of students showed an understanding of the rules of the game of water polo.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>Department - Physical Education (PHED) - PHED 13B - ADVANCED WATER POLO - SLO 2 - Application of Knowledge - Students will show an increased knowledge of the advanced skills of the game of water polo with increasing knowledge of offensive and defensive situations at an advanced level. (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Through game situations in class students will show an understanding of offensive and defensive startagies through game play.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 80% of students show an understanding of offensive and defensive startagies through game play.</p>	<p>11/11/2014 - 100 % of students show an understanding of offensive and defensive startagies through game play.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p> <p>06/18/2014 - 90% of students showed an understanding of offensive and defensive startagies through game play.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 13C - WATER POLO - GAME SKILLS - SLO 1 - Application of Knowledge - A successful student will be able to perform and compete in high level games to improve water polo game skills. (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Observation of students during game play to see if they understand the techniques and skills need to play at a high level.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 80% of students will demonstrate the skills and techniques need to play competitive water polo.</p>	<p>11/11/2014 - 100% of students demonstrated the skills and techniques need to play competitive water polo.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p> <p>06/18/2014 - 80% of students demonstrated the skills and techniques need to play competitive water polo.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
Department - Physical Education (PHED) - PHED 13C - WATER POLO - GAME SKILLS			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>- SLO 2 - Application of Knowledge - A successful student will be able to demonstrate skills learned through class practice and playing the game of water polo that promote water polo as a lifelong activity. (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Observation of students demonstrating skills learned through class practice and playing the game of water polo that promote water polo as a lifelong activity.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 80% of students will demonstrate skills learned during practice and game play that will help promote water polo as a lifelong activity.</p>	<p>11/11/2014 - 100% of students demonstrated skills learned during practice and game play that will help promote water polo as a lifelong activity.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
		<p>11/11/2014 - 100% of students demonstrated skills learned during practice and game play that will help promote water polo as a lifelong activity.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 14 - NUTRITIONAL ASSESSMENT &amp; 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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> students will be given handouts of testing information</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 70% showed some improvement</p>		
<p>Department - Physical Education (PHED) - PHED 14 - NUTRITIONAL ASSESSMENT &amp; FITNESS - SLO 2 - student awarness of food intake - Understand RDA's and food pyramid (Created By Department - Physical Education (PHED))</p>	<p><b>Assessment Method:</b> pre and post testing of students</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 60% should improve</p>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> PHED 15 - FIRST AID & CPR/AED - SLO 1 - Instruct students in techniques in CPR/AED and First Aid per the American Red Cross requirements through class participation and discussion <b>Assessment Method Type:</b> Discussion/Participation <b>Target for Success:</b> 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 (Created By Department - Physical Education (PHED))	<b>Result:</b> 12/01/2014 - All students met SLO <b>Target Met</b> <b>Year This Assessment Occurred:</b> <u>2013-2014</u>	
<b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> PHED 15 - FIRST AID & CPR/AED - SLO 2 - Practical Exam <b>Assessment Method Type:</b> Application of knowledge - Perform Life Saving Skills (Created By Department - Physical Education (PHED)) <b>Target for Success:</b> All students completing PHED 66 will demonstrate competency in life saving skills	<b>Result:</b> 12/01/2014 - All students met SLO <b>Target Met</b> <b>Year This Assessment Occurred:</b> <u>2013-2014</u>	
<b>Start Date:</b> 09/26/2011 <b>End Date:</b> 12/16/2011 <b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> Department - Physical Education (PHED) - PHED 16A - 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)) <b>Assessment Method Type:</b> 80% of the students will correctly apply athletic tape to prevent an inversion ankle sprain	<b>Result:</b> 06/16/2014 - Students correctly demonstrated a preventative ankle taping by practical examination <b>Target Met</b> <b>Year This Assessment Occurred:</b> <u>2013-2014</u>	
Department - Physical Education (PHED) - PHED 16A - PREVENTION OF ATHLETIC			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Practical Examination</p> <p><b>Assessment Method Type:</b> Discussion/Participation</p> <p><b>Target for Success:</b> 80% of the students will demonstrate appropriate warm up exercises to prevent a musculo-skeletal injury</p>	<p>06/16/2014 - Students demonstrated their warm up programs to prevent musculoskeletal injuries during the Practical Examination</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 16B - 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><b>Start Date:</b> 01/02/2013</p> <p><b>End Date:</b> 03/30/2013</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Practical &amp; Written Examination</p> <p><b>Assessment Method Type:</b> Discussion/Participation</p> <p><b>Target for Success:</b> 80% of the students will demonstrate proficiency in American Red Cross CPR</p>	<p>06/16/2014 - Each Student qualified for the American Red Cross CPR Certification.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 16B - 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><b>Start Date:</b> 01/02/2012</p> <p><b>End Date:</b> 03/30/2012</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Practical and Written American Red Cross Examination</p> <p><b>Assessment Method Type:</b> Discussion/Participation</p> <p><b>Target for Success:</b> 80% of the students will demonstrate proficiency in Emergency First Aid</p>	<p>06/16/2014 - Each student qualified for the American Red Cross First Aid Certification.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 16C - TREATMENT &amp; REHABILITATION OF ATHLETIC INJURIES - SLO 1 - Application of Knowledge - The student will design a Year Round Conditioning Program for a rehabilitating athlete.</p>	<p><b>Assessment Method:</b> The student will review the literature for a specific athlete's injury and design a year round exercise program for the rehabilitating athlete.</p>	<p>06/16/2014 - Each Student selected an athlete and designed a Year Round Conditioning Program to prevent injuries and enhance performance.</p> <p><b>Result:</b> Target Met</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>athlete (Created By Department - Physical Education (PHED))</p> <p><b>Start Date:</b> 04/09/2012</p> <p><b>End Date:</b> 06/29/2012</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method Type:</b> Research Paper</p> <p><b>Target for Success:</b> 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><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 16C - TREATMENT &amp; REHABILITATION OF ATHLETIC INJURIES - 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><b>Start Date:</b> 04/02/2012</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> 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><b>Assessment Method Type:</b> Research Paper</p> <p><b>Target for Success:</b> 80% of the students will complete the written program with a B grade or better.</p>	<p>06/16/2014 - Students selected an injury or surgery to rehabilitate for an athlete and designed an appropriate musculo-skeletal rehabilitation program to prevent re-injury and enhance performance.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>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))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> 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.</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will pass the class.</p>		
<p>Department - Physical Education (PHED) - PHED 19A - FUNDAMENTALS OF TAI CHI - SLO 2 - Application of knowledge - Demonstrate improved coordination, flexibility and balance by incorporating the basic techniques of Tai Chi (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Pre/Post Test to evaluate initial and final skill and technical level of proficiency in the basic techniques of Tai Chi.</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will pass the class.</p>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<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><b>Start Date:</b> 01/06/2014</p> <p><b>End Date:</b> 03/26/2014</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> pre and post testing on blocking, kicking, punching and evading</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 75% will show progress by the end of the term</p>	<p>06/14/2014 - Over 90 % of students passed the written final exams. Majority of students demonstrated progress in kickboxing skills. Many students showed improvement in strength and endurance at the end of the term. All students knew their own Target Heart Rate performing kickboxing by the end of the term</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p> <p><b>GE/IL-SLO Reflection:</b> Students at Foothill College shoud receive highest level of education. All students are expected to achieve their goals set at the beginneing of the term. Majority of students expressed positive learning experience taking the course.</p>	<p>06/14/2014 - Mini lectures related to kickboxing as physical education are given throuout the term. The variety of topics such as physiology, anatomy, safety issues related to kickboxing are studied and tested in the final written exams: 25 multiple choice questions. Also, students have reading assignments and writing report toward extra credits. Participation in the class are also required for a grade.</p> <hr/>
	<p><b>Assessment Method:</b> 1.) Evaluate test results 2.) Consider attendance toward a grade 3.) Observe increased levle of performance</p> <p><b>Assessment Method Type:</b> Exam - Course Test/Quiz</p> <p><b>Target for Success:</b> 1.) 80 % correct answeres required for pass the class 2.) Specific numbers of absence allowed toward a specific grade 3.) Students can demonstrate basic punching and kicking skills in target heart range.</p>		
<p>Department - Physical Education (PHED) - PHED 19B - KICKBOXING FOR FITNESS - SLO 2 - Application of knowledge - Demonstrate increased cardiovascular fitness (Created By Department - Physical Education (PHED))</p>	<p><b>Assessment Method:</b> Using a pre and post test, students will demonstrate an increase in number of minutes of sustained cardio endurance activities</p>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<b>Start Date:</b> 04/04/2011 <b>End Date:</b> 06/24/2011 <b>Course-Level SLO Status:</b> Active	<b>Assessment Method Type:</b> Pre/Post Test <b>Target for Success:</b> 85 % of the students will show an improved cardiovascular fitness.		
Department - Physical Education (PHED) - PHED 19C - INTERMEDIATE KICKBOXING FOR FITNESS - Cardio kickboxing - Perform with an increasing degree of kickboxing techniques, basic knowledge in anatomy, physiology and safety related to kickboxing as life long exercise. (Created By Department - Physical Education (PHED)) <b>Assessment Cycles:</b> End of Quarter <b>Start Date:</b> 01/06/2014 <b>End Date:</b> 03/26/2014 <b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> Final written exam (25 questions) based on mini-lectures during the term. Reading assignments and report toward extra credits. Participation /demonstration of techniques required for the grade. Grades: A=90 points or above B=70-89 C=55-69 D=54 and below. <b>Assessment Method Type:</b> Exam - Course Test/Quiz <b>Target for Success:</b> Majority of students will receive B grade or above.	11/14/2014 - 90 percent of students successfully completed the course <b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014 <b>Resource Request:</b> Exercise mat  <b>Resource Request:</b> Exercise mat <b>Resource Request:</b> Exercise mat <b>Resource Request:</b> Exercise mat <b>Resource Request:</b> Exercise mat <b>Resource Request:</b> Exercise mat  03/26/2014 - Over 90 percent of students successfully completed course with A grade. <b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014 <b>Resource Request:</b> Need Yoga straps. <b>Resource Request:</b> Need Yoga straps. <b>Resource Request:</b> Need Yoga straps. <b>Resource Request:</b> Need Yoga straps.	11/14/2014 - Report results.

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
		<b>Resource Request:</b> Need Yoga straps.	
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))	<b>Assessment Method:</b> 3 - 5 page paper on a chosen current social issue as it relates to sport. <b>Assessment Method Type:</b> Research Paper <b>Target for Success:</b> Students will receive a grade of 3 or higher on a 5 - point rubric.	07/02/2014 - 90 % of students received a 3 or higher on their 3-5 page paper on a current social issue in sport. <b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014	
<b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> 100 pt evaluation (50 presentation/ 50 written monologue) <b>Assessment Method Type:</b> Presentation/Performance <b>Target for Success:</b> 75% or better is passing		
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))	<b>Assessment Method:</b> 3 - 5 page paper on an individual case study evaluating the impact of sport on child development. <b>Assessment Method Type:</b> Case Study/Analysis <b>Target for Success:</b> Students will receive a grade of 3 or higher on a 5 - point rubric.		
<b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> The student will take a sport movie and write a 3 - 5 page paper using a sport sociology lens. The student will critique the film for social issues in sport then address the issues in the paper. <b>Assessment Method Type:</b> Essay/Journal <b>Target for Success:</b>	07/02/2014 - 81% completed the paper. <b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<b>Assessment Cycles:</b> End of Academic Year	80% of students will complete the paper.		
<b>Start Date:</b> 09/22/2013			
<b>End Date:</b> 06/29/2015			
<b>Course-Level SLO Status:</b> Active			
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))	<b>Assessment Method:</b> Students will take a quiz that assesses their knowledge of the beginning exercises in Pilates. <b>Assessment Method Type:</b> Exam - Course Test/Quiz <b>Target for Success:</b> 85% of students will be able to name at least 15 of the beginning exercises in Pilates.		
<b>Start Date:</b> 04/04/2011			
<b>End Date:</b> 06/24/2011			
<b>Course-Level SLO Status:</b> Active			
Department - Physical Education (PHED) - PHED 20A - BEGINNING MAT PILATES - SLO 2 - Application of knowledge - Demonstrate proper technique and increasing expertise in Pilates exercises. (Created By Department - Physical Education (PHED))	<b>Assessment Method:</b> 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. <b>Assessment Method Type:</b> Presentation/Performance <b>Target for Success:</b> 85% of students will be able to complete and name at least 15 of the core exercises in Pilates.		
<b>Course-Level SLO Status:</b> Active			
	<b>Assessment Method:</b> Rubric 1. scapular stabilization 2.pelvic placement 3. neutral spine 4. breathing technique 5. flexibility 6. core stabilization 7 postural alignment 8 body control <b>Assessment Method Type:</b> Presentation/Performance <b>Target for Success:</b> 80% of the students will receive a grade of		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
	6 or higher on the 8 point rubric		
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))	<b>Assessment Method:</b> Students will take a quiz that assesses their knowledge of the intermediate exercises in Pilates. <b>Assessment Method Type:</b> Exam - Course Test/Quiz <b>Target for Success:</b> 75% of students will pass the quiz.		
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))	<b>Assessment Method:</b> 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. <b>Assessment Method Type:</b> Presentation/Performance <b>Target for Success:</b> 85% of students will perform and name the intermediate level Pilates exercises at an intermediate competency level.		
Department - Physical Education (PHED) - PHED 20C - ADVANCED PILATES - SLO 1 - Application of Knowledge - Perform with increasing degree of proficiency pilates exercises and flexibility techniques (Created By Department - Physical Education (PHED))	<b>Assessment Method:</b> Pre/Post Test to evaluate initial and final skill and technical level of proficiency in pilates exercises and flexibility techniques. <b>Assessment Method Type:</b> Pre/Post Test <b>Target for Success:</b> 80% of students will pass the class.		
Department - Physical Education (PHED) - PHED 20C - ADVANCED PILATES - SLO 2 - Application of knowledge - Perform with increasing degree of proficiency core strength exercises (Created By Department - Physical Education (PHED))	<b>Assessment Method:</b> Pre/Post Test to evaluate increasing proficiency core strength exercises. <b>Assessment Method Type:</b> Pre/Post Test <b>Target for Success:</b>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<b>Course-Level SLO Status:</b> Active	80% of students will pass the class.		
<b>Department - Physical Education (PHED) - PHED 21 - FOUNDATIONS OF YOGA -</b> Yoga - Students will learn: Asana, Pranayama, Safe Yoga Practice, Anatomy of Yoga, Core Strength, Balance and Flexibility, Intro. Vinyasa Flow, Intro. Yin Yoga, Meditation in the area of Yoga offered by PE dept. (Created By Department - Physical Education (PHED)) <b>Assessment Cycles:</b> End of Quarter <b>Start Date:</b> 04/08/2014 <b>End Date:</b> 06/24/2014 <b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> Written final exam to evaluate course objectives. Reading articles. Watching video. Demonstration and participation. <b>Assessment Method Type:</b> Exam - Course Test/Quiz <b>Target for Success:</b> For overall grade A=90 points and above. B=70-89 C=55-69 D=54 and below. Majority of students will receive B or above grade.	11/13/2014 - Over 90 percent of students successfully completed the course with A grade. <b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014	
Department - Physical Education (PHED) - PHED 21A - BEGINNING HATHA YOGA - SLO 1 - Application of Knowledge - Successful students can define and explain the principles of Hatha Yoga. Also, successful students can demonstrate/explain basic knowledge of anatomy, physiology and safety issues related to Yoga practice at the end of term. (Created By Department - Physical Education (PHED)) <b>Assessment Cycles:</b> End of Quarter <b>Start Date:</b> 01/07/2014 <b>End Date:</b> 03/27/2014 <b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> Pre/Post Test to evaluate initial and final skill and technical level of proficiency in Yoga Technique. <b>Assessment Method Type:</b> Pre/Post Test <b>Target for Success:</b> 80% of students will pass the class.		
Department - Physical Education (PHED) - PHED 21A - BEGINNING HATHA YOGA - SLO 2 - Application of knowledge -	<b>Assessment Method:</b> Pre/Post Test to evaluate increasing		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>Demonstrate proper technique and increasing expertise in Yoga postures and sequences. (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p>expertise in Yoga postures and sequences.</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will pass the class.</p>		
<p>Department - Physical Education (PHED) - PHED 21B - INTERMEDIATE HATHA 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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Continued observation of student expertise with adjustments and modifications as needed to maintain alignment and connection so that student may increase the duration of time poses are held/repeated</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 90%</p>		
<p>Department - Physical Education (PHED) - PHED 21C - ADVANCED HATHA YOGA - SLO 1 - Application of Knowledge - Identify the principles and goals for Yoga practice. (Created By Department - Physical Education (PHED))</p> <p><b>Start Date:</b> 04/08/2014</p> <p><b>End Date:</b> 06/24/2014</p> <p><b>Course-Level SLO Status:</b> Inactive</p>	<p><b>Assessment Method:</b> Pre/Post Test to evaluate initial and final skill and technical level of proficiency in Yoga Technique.</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will pass the class</p>	<p>11/13/2014 - 90 percent of students successfully completed the course with A grade.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 21C - ADVANCED HATHA 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><b>Start Date:</b> 04/08/2014</p> <p><b>End Date:</b> 06/24/2014</p>	<p><b>Assessment Method:</b> Pre/Post Test to evaluate increasing expertise in Yoga postures and sequences.</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will pass the class.</p>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<b>Course-Level SLO Status:</b> Inactive	<b>Assessment Method:</b> Instructor observation of proper technique with appropriate modification when needed. <b>Assessment Method Type:</b> Discussion/Participation <b>Target for Success:</b> 80% of students will demonstrate proper technique.		
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))			
<b>Course-Level SLO Status:</b> Active			
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))	<b>Assessment Method:</b> Instructor observation with appropriate modification of poses when needed. <b>Assessment Method Type:</b> Discussion/Participation <b>Target for Success:</b> 80% of students will use proper technique.	<b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014	
<b>Course-Level SLO Status:</b> Active			
Department - Physical Education (PHED) - PHED 21E - RESTORATIVE YOGA - SLO 1 - Application of Knowledge - identify the basic anatomy and terminology used in the practice of restorative yoga (Created By Department - Physical Education (PHED))	<b>Assessment Method:</b> students will be given ongoing quizzes on anatomy and terminology <b>Assessment Method Type:</b> Pre/Post Test <b>Target for Success:</b> 85%	<b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014	
<b>Assessment Cycles:</b> End of Quarter			
<b>Start Date:</b> 09/23/2013			
<b>End Date:</b> 12/09/2013			
<b>Course-Level SLO Status:</b>			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>Active</p> <p>Department - Physical Education (PHED) - PHED 21E - RESTORATIVE YOGA - SLO 2 - Application of knowledge - Demonstrate restorative yoga poses and sequences with correct form, focus, connection and alignment (Created By Department - Physical Education (PHED))</p> <p><b>Start Date:</b> 09/23/2013</p> <p><b>End Date:</b> 12/09/2013</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Instructor observation with modifications of the poses as necessary</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 95%</p>	<p>12/15/2013 - 100% of the students were able to correctly demonstrate the restorative yoga poses; modifications were necessary for some students due to long-standing injuries or other physical constraints</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 22 - BEGINNING FULL BODY FLEXIBILITY - SLO 1 - Knowledge - Identify the components of fitness and goals/benefits for flexibility exercises. (Created By Department - Physical Education (PHED))</p> <p><b>Start Date:</b> 04/04/2011</p> <p><b>End Date:</b> 06/24/2011</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> pre and post test on components of fitness and goal/benefits of flexibility</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 72% of students will show improvement between pre and post testing</p>		
<p>Department - Physical Education (PHED) - PHED 22 - BEGINNING 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))</p> <p><b>Start Date:</b> 04/04/2011</p> <p><b>End Date:</b> 06/24/2011</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Rubric: 1. pelvic placement 2. neutral spine 3. breathing technique 4. relaxation technique 5. postural alignment</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p> <p><b>Target for Success:</b> 70% of students will receive a grade of 3 or higher on the point rubric.</p>	<p>06/12/2014 - over 70% of the students received a grade of 3 or higher on the point rubric.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
Department - Physical Education (PHED) - PHED 22A - INTERMEDIATE FULL-BODY FLEXIBILITY - SLO 1 - Knowledge - Identify the principles and goals for Pilates and flexibility exercises. (Created By Department - Physical Education (PHED)) <b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> Participation in identifying principles and goals. <b>Assessment Method Type:</b> Discussion/Participation <b>Target for Success:</b> 80% of students will identify principles and goals for Pilates and flexibility exercises.	<b>Result:</b> 06/12/2014 - 80 % of the students met this goal. <b>Target Met</b> <b>Year This Assessment Occurred:</b> 2013-2014	
Department - Physical Education (PHED) - PHED 22A - INTERMEDIATE FULL-BODY FLEXIBILITY - SLO 2 - Application of knowledge - Demonstrate proper techniques and increasing expertise in Pilates and flexibility exercises (Created By Department - Physical Education (PHED)) <b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> Observation of students demonstrating technique and expertise. <b>Assessment Method Type:</b> Observation/Critique <b>Target for Success:</b> 80% of students will demonstrate proper technique.	<b>Result:</b> 06/12/2014 - 80 % of the students over the course off the class were able to demonstrate techniques <b>Target Met</b> <b>Year This Assessment Occurred:</b> 2013-2014 <b>Resource Request:</b> replace the Bio foam rollers that are showing signs of overuse	
Department - Physical Education (PHED) - PHED 22B - PILATES & YOGA - SLO 1 - Knowledge - Identify the principles and goals for Pilates and yoga exercises. (Created By Department - Physical Education (PHED)) <b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> Pre/Post Test to evaluate initial and final skill and technical level of proficiency in Pilates & Yoga Technique. <b>Assessment Method Type:</b> Pre/Post Test <b>Target for Success:</b> 80% of students will pass the class.	<b>Result:</b> 07/02/2014 - Above 80% of students assessed showed technical proficiency in Pilates and Yoga. <b>Target Met</b> <b>Year This Assessment Occurred:</b> 2013-2014	
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)) <b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> Pre/Post Test to evaluate increasing expertise Pilates & Yoga exercises. <b>Assessment Method Type:</b> Pre/Post Test <b>Target for Success:</b> 80% of students will pass the class.	<b>Result:</b> 07/02/2014 - Above 80% of students increased their knowledge and competency in Pilates and Yoga exercises to provide safe and effective core strength training. <b>Target Met</b> <b>Year This Assessment Occurred:</b> 2013-2014	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>Department - Physical Education (PHED) - PHED 23A - TRAIL 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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Pre/Post Test to evaluate initial and final skill and technical level of proficiency in identifying the components of fitness and creating a hiking program to meet personal fitness goals.</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will pass the class.</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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Pre/Post Test to evaluate increasing efficiency in hiking technique, and demonstration of 10 essentials and leave no trace principles.</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will pass the class.</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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Pre/Post Test to evaluate initial and final skill and technical level of proficiency in identifying the components of fitness and creating a hiking program to meet personal fitness goals.</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will pass the class.</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 -</p>	<p><b>Assessment Method:</b> Pre/Post Test to evaluate increasing efficiency in hiking technique, and demonstration of 10 essentials and leave no trace principles.</p> <p><b>Assessment Method Type:</b></p>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
Physical Education (PHED))  <b>Course-Level SLO Status:</b> Active	Pre/Post Test <b>Target for Success:</b> 80% of students will pass the class		
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))  <b>Course-Level SLO Status:</b> Active	<p><b>Assessment Method:</b> 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><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will pass with a grade of B or better.</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 Education (PHED))  <b>Course-Level SLO Status:</b> Active	<p><b>Assessment Method:</b> A successful student will perform a pre and post test to demonstrate proper etiquette and knowledge of rules for golf course play.</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will pass with a grade of B or better.</p>		
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))  <b>Course-Level SLO Status:</b> Active	<p><b>Assessment Method:</b> A successful student will perform a pre and post test to demonstrate increasing proficiency in effective club selection for golf course play.</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will pass with a grade of B or better.</p>		
Department - Physical Education (PHED) - PHED 24A - SKILL DEVELOPMENT FOR THE EXPERIENCED GOLFER - SLO 2 -	<p><b>Assessment Method:</b> A successful student will perform a pre and post test to show improved expertise and</p>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>Application of knowledge - Develop improved expertise and playing competency for golf course play (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p>playing competency for golf course play.</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will pass with a grade of B or better.</p>		
<p>Department - Physical Education (PHED) - PHED 24B - BEGINNING 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))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Pre/Post test to evaluate increased proficiency in advanced golf skills.</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will pass the class.</p>		
<p>Department - Physical Education (PHED) - PHED 24B - BEGINNING 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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Score cards are collected and scores are recorded in order to see the students progress</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p> <p><b>Target for Success:</b> 80% of students will see improvement.</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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Identification of preliminary skill to compare to post skills.</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 100% of students will improve.</p>		
<p>Department - Physical Education (PHED) - PHED 25A - SWING ANALYSIS - SLO 2 - Knowledge - Demonstrate the ability to recognize and correct swing faults. (Created</p>	<p><b>Assessment Method:</b> Analyze changes in individuals swing through video comparisons.</p> <p><b>Assessment Method Type:</b></p>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
By Department - Physical Education (PHED))  <b>Course-Level SLO Status:</b> Active	Pre/Post Test <b>Target for Success:</b> 90% of students will improve.		
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: checklist) (Created By Department - Physical Education (PHED))  <b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> Instructor observation for physical skills.  <b>Assessment Method Type:</b> Presentation/Performance  <b>Target for Success:</b> Ability to hit a forehand, backhand and serve consistently. Ability to maintain rally more than 5 balls over net.	06/19/2014 - 100% of the students were able to play badminton by the end of the quarter  <b>Result:</b> Target Met  <b>Year This Assessment Occurred:</b> 2013-2014	
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))  <b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> instructor observation  <b>Assessment Method Type:</b> Discussion/Participation  <b>Target for Success:</b> 75% of students will be able to hit grounds strokes, serve, volley, and be able to keep score.	06/19/2014 - 100% of the students were able to play badminton by the end of the quarter  <b>Result:</b> Target Met  <b>Year This Assessment Occurred:</b> 2013-2014	
Department - Physical Education (PHED) - PHED 26A - INTERMEDIATE/ADVANCED TENNIS - SLO 1 - Application of Knowledge - Perform with increased proficiency the skill sets and techniques of intermediate/advanced tennis. (rubric: checklist) (Created By Department - Physical Education (PHED))  <b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> Working within a group, demonstrate the skill sets and techniques for an intermediate/advanced player.  Work in groups of three with each individual actively participating in the demonstration.  <b>Assessment Method Type:</b> Presentation/Performance  <b>Target for Success:</b> Demonstrate serve return, volleying, overhead and rallying with directional changes in a consistent manner.	06/19/2014 - Students in this class were able to preform the techniques and skill sets of an intermediate tennis player.  <b>Result:</b> Target Met  <b>Year This Assessment Occurred:</b> 2013-2014	
Department - Physical Education (PHED) -			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> 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><b>Assessment Method Type:</b> Discussion/Participation</p> <p><b>Target for Success:</b> Knowledge of the "net" and "baseline" game incorporating the "geometry" of the tennis court.</p>	<p>06/19/2014 - Students were able to demonstrate and explain the advanced strategies of an intermediate tennis-advanced tennis player.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
	<p><b>Assessment Method:</b> instructor observation</p> <p><b>Assessment Method Type:</b> Discussion/Participation</p> <p><b>Target for Success:</b> 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>Department - Physical Education (PHED) - PHED 26C - BEGINNING DOUBLES</p> <p>TENNIS - Application of Knowledge - Perform with increased proficiency the skill sets and techniques of of beginning doubles tennis (Created By Department - Physical Education (PHED))</p> <p><b>Assessment Cycles:</b> End of Quarter</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Skill Test</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 80% of the class will be able to hit a volley and overhead</p>	<p>06/16/2014 - 90% of the class was able to hit a volley and overhead</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 26C - BEGINNING DOUBLES</p> <p>TENNIS - Demonstration of Knowledge - Demonstrate and explain the basic strategies and rules of doubles tennis</p>	<p><b>Assessment Method:</b> Students will take an exam to identify their knowledge of strategies and rules</p> <p><b>Assessment Method Type:</b> Exam - Course Test/Quiz</p>	<p>06/16/2014 - 80% of the students passed the exam.</p> <p><b>Result:</b> Target Met</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
(Created By Department - Physical Education (PHED)) <b>Assessment Cycles:</b> End of Quarter	<b>Target for Success:</b> 80% of the students passed the exam	<b>Year This Assessment Occurred:</b> 2013-2014	
<b>Course-Level SLO Status:</b> Active			
Department - Physical Education (PHED) - PHED 27B - INTERMEDIATE RUN FOR FITNESS - SLO 1 - Application of Knowledge - Practice progressively increasing running distances with improved times (Created By Department - Physical Education (PHED))	<b>Assessment Method:</b> A pre and post test <b>Assessment Method Type:</b> Pre/Post Test <b>Target for Success:</b> 75 % of the students will show improvement.		
<b>Course-Level SLO Status:</b> Active			
Department - Physical Education (PHED) - PHED 27B - INTERMEDIATE RUN FOR FITNESS - SLO 2 - Application of knowledge - Understand the fluids, nutrients and caloric requirements for training (Created By Department - Physical Education (PHED))  <b>Start Date:</b> 04/04/2011 <b>End Date:</b> 06/24/2011	<b>Assessment Method:</b> the student will demonstrate the needed knowledge through discussion of the proper fluid, nutrient and caloric requirements with the instructor and class. <b>Assessment Method Type:</b> Discussion/Participation <b>Target for Success:</b> 70 % of the students will acquire the knowledge needed.		
<b>Course-Level SLO Status:</b> Active			
Department - Physical Education (PHED) - PHED 27C - INTERMEDIATE WALK FOR HEALTH - SLO 1 - Application of Knowledge - Design and practice personal training programs for increased cardiovascular benefits (Created By Department - Physical Education (PHED))  <b>Start Date:</b> 04/04/2011 <b>End Date:</b> 06/24/2011	<b>Assessment Method:</b> a pre and post test will be given to see the students improved cardiovascular improvement. <b>Assessment Method Type:</b> Presentation/Performance <b>Target for Success:</b> 80% of students will show improvement.		
<b>Course-Level SLO Status:</b> Active			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>Department - Physical Education (PHED) - PHED 27C - INTERMEDIATE WALK FOR HEALTH - SLO 2 - Application of knowledge - Demonstrate proper body mechanics for fitness walking (Created By Department - Physical Education (PHED))</p> <p><b>Start Date:</b> 04/04/2011</p> <p><b>End Date:</b> 06/24/2011</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> pre and post test on arm swing, leg stride, foot placement and synchronization</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 72 % of the students will show improved fitness walking technique</p>		
<p>Department - Physical Education (PHED) - PHED 28 - SLOW PITCH SOFTBALL - SLO 1 - Application of Knowledge - Perform with increasing degree of proficiency the basic skills for softball (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Students will demonstrate competency in basic softball skills</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 80% of students will pass</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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Attendance and positive participation</p> <p><b>Assessment Method Type:</b> Discussion/Participation</p> <p><b>Target for Success:</b> 16 of 20 meetings attended</p>		
<p>Department - Physical Education (PHED) - PHED 3 - THEORIES &amp; 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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Design a practice plan to be implemented.</p> <p><b>Assessment Method Type:</b> Essay/Journal</p> <p><b>Target for Success:</b> 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>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
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. (Created By Department - Physical Education (PHED))	<p><b>Assessment Method:</b> Midterm exam which assesses the students knowledge in Chapters 1 - 8 in the class textbook.</p> <p><b>Assessment Method Type:</b> Exam - Course Test/Quiz</p> <p><b>Target for Success:</b> 75% of class result in passing score.</p>		
<b>Course-Level SLO Status:</b>	Active		
Department - Physical Education (PHED) - PHED 31 - FUTSAL-INDOOR SOCCER BEGINNING - 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><b>Assessment Method:</b> Instructor observation of proficiency at futsal soccer techniques</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 70% of the students will show an increase in their proficiency when playing futsal.</p>	<p>11/12/2014 - 90% of the students showed an increased in their proficiency when playing futsal.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<b>Course-Level SLO Status:</b>	Active		
Department - Physical Education (PHED) - PHED 31 - FUTSAL-INDOOR SOCCER BEGINNING - SLO 2 - Application of knowledge - Understand the rules and regulations of futsal soccer (Created By Department - Physical Education (PHED))	<p><b>Assessment Method:</b> Teacher observes improvement with understanding of the rules and regulations of futsal soccer</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p> <p><b>Target for Success:</b> 70% of the students will show improved understanding of the rules and regulations of futsal soccer.</p>	<p>11/12/2014 - 100% of the students showed an improved understanding of the rules and regulations of futsal soccer.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<b>Course-Level SLO Status:</b>	Active		
Department - Physical Education (PHED) - PHED 31B - FUTSAL-INDOOR SOCCER ADVANCED - slo 1-Application and Knowledge - A successful student will be able to demonstrate and perform the advanced skills of the game of futsal-indoor soccer (Created By Department - Physical Education (PHED))	<p><b>Assessment Method:</b> Through observation and participation students will be able to perform and demonstrate advanced skills of futsal.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 70% of students will be able to perform and</p>	<p>11/12/2014 - 90% of students were able to perform and demonstrate advanced skills of futsal.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<b>Course-Level SLO Status:</b> Active	demonstrate advanced skills of futsal.		
Department - Physical Education (PHED) - PHED 31B - FUTSAL-INDOOR SOCCER ADVANCED - SLO 2-Application of Knowledge - A successful student should increase their knowledge of the advanced skills of game play with increasing knowledge of offensive and defensive strategies at advanced levels. (Created By Department - Physical Education (PHED))	<p><b>Assessment Method:</b> Through observation, students will be able to show and increase their knowledge of advanced skills of game play and have increased knowledge of offensive and defensive strategies at advanced levels.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p>	<p>11/12/2014 - 90% of students were able to demonstrate advance knowledge of game skills and understand offensive and defensive strategies at advanced levels.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<b>Course-Level SLO Status:</b> Active			
Department - Physical Education (PHED) - PHED 31C - TOURNAMENT FUTSAL-INDOOR SOCCER - SLO 1 - Application of Knowledge - Perform soccer skills in game play for tournament soccer competition (Created By Department - Physical Education (PHED))	<p><b>Assessment Method:</b> Teacher will observe if the students are improving with their soccer skills</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p> <p><b>Target for Success:</b> 70% of the students will perform soccer skills with proficiency during games</p>		
<b>Course-Level SLO Status:</b> Active			
Department - Physical Education (PHED) - PHED 31C - TOURNAMENT FUTSAL-INDOOR 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><b>Assessment Method:</b> Teacher will observe if students are able to provide an analysis of play selection and make recommendations for improvement.</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p> <p><b>Target for Success:</b> 70% of students are able to provide an analysis of play selection and make recommendations for improvement.</p>		
<b>Course-Level SLO Status:</b> Active			
Department - Physical Education (PHED) - PHED 34A - INTERCOLLEGIATE SOCCER (WOMEN) - SLO 1 - Application of Knowledge - Perform with an increasing degree of proficiency the offensive and	<p><b>Assessment Method:</b> Instructor observation during practice and games.</p> <p><b>Assessment Method Type:</b></p>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
defensive skills of soccer. (Created By Department - Physical Education (PHED))  <b>Course-Level SLO Status:</b> Active	Presentation/Performance <b>Target for Success:</b> 70% of the student-athletes will demonstrate increased proficiency with their offensive and defensive skills while playing soccer.		
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))  <b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> pre and post test to evaluate increased technical and tactical skills of soccer <b>Assessment Method Type:</b> Pre/Post Test <b>Target for Success:</b> 80% of students will pass the class.		
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))  <b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> The instructor will assess drills and exercises within practice that develop both offensive and defensive skills for volleyball <b>Assessment Method Type:</b> Presentation/Performance <b>Target for Success:</b> 75% of students will perform in the drills with a collegiate level of competence for the sport of volleyball.		
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))  <b>Course-Level SLO Status:</b> Active	<b>Assessment Method:</b> The student will be asked to discuss, participate, and execute the technical and tactical aspects of volleyball. <b>Assessment Method Type:</b> Discussion/Participation <b>Target for Success:</b> 85% of the students will be able to discuss, participate, and execute the technical and tactical aspects of volleyball.		
Department - Physical Education (PHED) - PHED 34E - INTERCOLLEGIATE SOFTBALL (WOMEN) - SLO 1 - Application	<b>Assessment Method:</b> Student athletes will successfully		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>of Knowledge - Perform with an increasing degree of proficiency the offensive and defensive skills of softball. (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p>demonstrate proficiency of the offensive and defensive skills of softball.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 80 percent of students will pass the course.</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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Student athletes will be proficient in the technical skills of softball.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 80 percent of student athletes will pass the class.</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 By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Public performance of choreography</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p> <p><b>Target for Success:</b> Completed Spring Concert.</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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Student created original choreography for showcase</p> <p><b>Target for Success:</b> Students presented original works in concert.</p>		
<p>Department - Physical Education (PHED) - PHED 34H - PRE-SEASON CONDITIONING - SLO 1 - Application of</p>	<p><b>Assessment Method:</b> Instructor Observation</p> <p><b>Assessment Method Type:</b></p>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
Knowledge - Practice with increasing proficiency a program for improved cardiovascular fitness (Created By Department - Physical Education (PHED))	Presentation/Performance		
<b>Course-Level SLO Status:</b> Active			
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><b>Assessment Method:</b> Instructor Observation</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p> <p><b>Target for Success:</b> 70% of students will use the weights appropriately and safely</p>		
<b>Course-Level SLO Status:</b> Active			
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><b>Assessment Method:</b> Players will demonstrate the basic skill of their position through a series of performance tests.</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p> <p><b>Target for Success:</b> Students accurately perform their skill, they will pass the class</p>		
<b>Start Date:</b> 04/03/2011 <b>End Date:</b> 06/27/2011			
<b>Course-Level SLO Status:</b> Active			
Department - Physical Education (PHED) - PHED 34J - SPORTS TECHNIQUES & CONDITIONING - Application and knowledge of softball - Perform and demonstrate skill and ability in the sport of softball (Created By Department - Physical Education (PHED))	<p><b>Assessment Method:</b> Players will demonstrate the basic skill of their position through a series of performance tests.</p>	<p>06/19/2014 - 100 percent of students demonstrated the basic skill of their position</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<b>Start Date:</b> 09/24/2012 <b>End Date:</b> 06/28/2013 <b>Course-Level SLO Status:</b>			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
Active			
Department - Physical Education (PHED) - PHED 35E - INTERCOLLEGIATE GOLF (MEN) - SLO 1 - Application of Knowledge - Perform with an increasing degree of proficiency the skills of golf necessary to maintain and lower individual scores. (Created By Department - Physical Education (PHED))	<b>Assessment Method:</b> Pre/Post scoring average to evaluate level of improvement. <b>Assessment Method Type:</b> Pre/Post Test <b>Target for Success:</b> 80% of students showed significant improvement.		
<b>Course-Level SLO Status:</b> Active			
Department - Physical Education (PHED) - PHED 35E - INTERCOLLEGIATE GOLF (MEN) - SLO 2 - Application of knowledge - Describe the technical and tactical skills of golf. (Created By Department - Physical Education (PHED))	<b>Assessment Method:</b> Students will understand the components of a good swing and how it will effect a competitive outcome, including its mental and physical components. <b>Assessment Method Type:</b> Discussion/Participation <b>Target for Success:</b> 80% of students will succeed.		
<b>Course-Level SLO Status:</b> Active			
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))	<b>Assessment Method:</b> Successful completion of this course the student will be able to perform the phases of water polo: passing, shooting, defense, fast break, player advantage and player disadvantage. <b>Assessment Method Type:</b> Observation/Critique <b>Target for Success:</b> 85% of the students will be able to perform the phases of water polo: passing, shooting, defense, fast break, player advantage and player disadvantage.		
<b>Course-Level SLO Status:</b> Active			
	<b>Assessment Method:</b> Oral presentation of video analysis <b>Assessment Method Type:</b>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>Describe the technical and tactical skills of water polo. (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p>Observation/Critique</p> <p><b>Target for Success:</b> 85% of students can effectively describe the technical and tactical skills of water polo.</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 - physical checklist) (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Working within a group, explain and demonstrate the technique of proper shooting technique, safety and etiquette.</p> <p>Work in groups of three with each individual actively participating in the explanation and demonstration.</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p>		
<p>Department - Physical Education (PHED) - PHED 37 - BEGINNING BADMINTON: SINGLES &amp; 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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Pre/Post Test to evaluate initial and final skill and technical level of proficiency in Badminton Technique.</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will pass the class.</p>	<p>06/19/2014 - 100% of the students were able to play badminton by the end of the quarter</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 37 - BEGINNING BADMINTON: SINGLES &amp; DOUBLES - SLO 2 - Application of knowledge - Know and implement the rules of badminton in a game situation. (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Pre/Post Test to evaluate initial and final skill and technical level of proficiency in the rules of the sport of Badminton.</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will pass the class.</p>	<p>06/19/2014 - The students were able to keep score and understand the rules of badminton.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 37A - INTERMEDIATE BADMINTON: SINGLES &amp; DOUBLES - SLO 1- Application of Knowledge - Demonstrate the intermediate fundamentals of badminton</p>	<p><b>Assessment Method:</b> Students in this class will be able to demonstrate all major strokes and show they understand more advanced strategies.</p> <p><b>Assessment Method Type:</b></p>	<p>06/19/2014 - Students should be able to demonstrate the skills needed to be an intermediate badminton player.</p> <p><b>Result:</b> Target Met</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
(Created By Department - Physical Education (PHED))	Observation/Critique <b>Target for Success:</b> 75% of students should be able to show they are at the intermediate level of badminton.	<b>Year This Assessment Occurred:</b> 2013-2014	
<b>Course-Level SLO Status:</b> Active			
Department - Physical Education (PHED) - PHED 37A - INERMEDIATE BADMINTON: SINGLES & DOUBLES - SLO 2- Application of Knowlege - Preform with increasing degree of proficiency the offensive and defensive skill of badminton. (Created By Department - Physical Education (PHED))	<b>Assessment Method:</b> Observe students demonstrating their proficiency in offensive and defensive skills of badminton.  <b>Target for Success:</b> 75% of students will be able to show they are proficient in offensive and defensive skills of badminton.	06/19/2014 - 80% of students were able to demonstrate proficiency in offensive and defensive skills of badminton.  <b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014	
<b>Course-Level SLO Status:</b> Active			
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))	<b>Assessment Method:</b> Students will engage in a basketball exam which covers course content pertaining to the understanding of rules.  <b>Assessment Method Type:</b> Exam - Course Test/Quiz  <b>Target for Success:</b> expect 80% of my students to get a B or higher due to the fact that we cover each concept every week.	05/16/2014 - The only 2 students who did not pass with a B or higher were the ones who did not show up on the day of the Test. In total 16 of 18 (88%) got a B or higher.  20173441 9 20148042 8 11337051 10 20130914 9 20132319 9 20097389 8 10673754 10 20169414 9 20168292 9 20158592 20166942 9 20137248 20162067 10 20156946 10 20165797 8 20155013 9 20160441 10 11359053 10	
<b>Course-Level SLO Status:</b> Active			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
		<b>Year This Assessment Occurred:</b> <u>2013-2014</u>	
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))	<b>Assessment Method:</b> Positive Attendance and Participation <b>Assessment Method Type:</b> Discussion/Participation <b>Target for Success:</b> <u>10 of 12 class meetings attended to pass</u>		
<b>Course-Level SLO Status:</b> 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))	<b>Assessment Method:</b> Pre/Post test to evaluate degree of increased proficiency. <b>Assessment Method Type:</b> Pre/Post Test <b>Target for Success:</b> <u>80% of students will succeed.</u>	06/18/2014 - 90% of students developed individual contemporary basketball skills <b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> <u>2013-2014</u>	
<b>Course-Level SLO Status:</b> Active			
	<b>Assessment Method:</b> Students will perform a demonstration of skills taught in class. They will be graded on a scale of 1-10 with 10 being the best possible score. The test will include shooting, passing, and ball handling. <b>Assessment Method Type:</b> Presentation/Performance <b>Target for Success:</b> I expect the students to score and 80% or better based on the fact that we practice these skills every week.	05/16/2014 - All but 3 of my students had an 80% or better grade. I think the reason for the 3 not getting at least an 80% is because they missed to many classes and had a language barrier difficulty since they were international students.  Day, Khalib 9 Li, Zhiwei 8 Navarro, Hector 10 Zou, Weiwei 8 Malengrez, Romain 10 Mizutani, Shigefumi 9 Singh, Robin 10 Yang, Tao 6 Yu, Haojie 10 Nguyen, Jackson 10 Wang, Yibo 9 Wong, Christopher 9 Feng, Yingda 6	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
		<p>Zheng, Ce 8        Lockner, Madelene Irene Linnea 9        Wang, Jiaqi 8        Kumar, Jason 6        Zhan, Jiayu 10        Zhu, Jiping 10        Bao, Han 8        Lou, Jianan 9        Philip, Spencer 10</p> <p><b>Result:</b>        Target Not Met</p> <p><b>Year This Assessment Occurred:</b>  <u>2013-2014</u></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><b>Assessment Method:</b>        Pre/Post test to evaluate degree of increased proficiency.</p> <p><b>Assessment Method Type:</b>        Pre/Post Test</p> <p><b>Target for Success:</b>        80% of students will succeed.</p>	<p>06/18/2014 - 90 percent of students performed basketball game skills in game play appropriate for intramural competition</p> <p><b>Result:</b>        Target Met</p> <p><b>Year This Assessment Occurred:</b>  <u>2013-2014</u></p>	
<b>Course-Level SLO Status:</b> Active			
Department - Physical Education (PHED) - PHED 38C - BEGINNING BASKETBALL - Demonstration of Technique - Perform with an increasing degree of proficiency the offensive and defensive skills of basketball (Created By Department - Physical Education (PHED))	<p><b>Assessment Method:</b>        Students will be put through a series of performance drills in which each will be graded on a 10 point scale. Drills will include Shooting, passing, and dribbling.</p> <p><b>Assessment Method Type:</b>        Presentation/Performance</p> <p><b>Target for Success:</b>        I expect all of my students to pass at with a B or higher.</p>	<p>07/02/2014 - Out of my 30 students 27 scored and 8 out 10 or higher. The ones that did not show up the day of the test were the only ones who scored below 8. That is a 90% success rate.</p> <p>For a Beginning Basketball Class this looks to be right on target.</p> <p><b>Result:</b>        Target Met</p> <p><b>Year This Assessment Occurred:</b>  <u>2013-2014</u></p>	
<b>Assessment Cycles:</b> End of Academic Year			
<b>Start Date:</b> 07/01/2013			
<b>End Date:</b> 07/01/2014			
<b>Course-Level SLO Status:</b> Active			
Department - Physical Education (PHED) -			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>PHED 41 - INDOOR CYCLING-SPIN - SLO 1 - Application of Knowledge - Develop improved cardiovascular conditioning through spinning (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Instructor observation during class. Class continues to get more challenging so the students need to show improved endurance class to class.</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p> <p><b>Target for Success:</b> The target is to have at least 70% of the students improve their endurance.</p>	<p>06/12/2014 - over 70 % of the students showed an improvement in endurance. Work time increased from 45 minutes to 65 minutes by the end of the class.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p> <p><b>Resource Request:</b> Heart monitors would allow for better teaching of how to improve aerobic by understanding of how heart rate limits and also shows improvements in conditioning.</p> <p><b>Resource Request:</b> Heart monitors would allow for better teaching of how to improve aerobic by understanding of how heart rate limits and also shows improvements in conditioning.</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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> 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><b>Assessment Method Type:</b> Presentation/Performance</p> <p><b>Target for Success:</b> 70% of students will show improvement in 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>06/12/2014 - over 70 % of the students learned how to "set up" the bike for their use, and they also demonstrated effective warm-up and cool down techniques.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 41A - CARDIO INTERVALS: HILLS &amp; SPRINTS - SLO 1 - Application of Knowledge - Develop improved cardiovascular conditioning through spinning (Created By</p>	<p><b>Assessment Method:</b> Instructor will observe class to assess improved cardiovascular conditioning. Classes increase in length and difficulty each week.</p>	<p>07/02/2014 - Above 70% of students improved cardiovascular conditioning by increased time in work period of class.</p> <p><b>Result:</b></p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>Department - Physical Education (PHED))</p> <p><b>Start Date:</b> 04/04/2011</p> <p><b>End Date:</b> 10/14/2011</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 70% improve cardiovascular conditioning as observed by instructor.</p>	<p><b>Target Met</b></p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 41A - CARDIO INTERVALS: HILLS &amp; SPRINTS - 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><b>Start Date:</b> 04/04/2011</p> <p><b>End Date:</b> 10/14/2011</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> 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><b>Assessment Method Type:</b> Discussion/Participation</p> <p><b>Target for Success:</b> 80% of students will participate and complete warm up/cool down methods as well as bike set up at a competent level.</p>	<p>07/02/2014 - Above 80% of the students practiced safe and effective warm up and cool down methods.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 41B - INTERMEDIATE INDOOR CYCLING - SLO 1 - Application of knowledge - A successful student will be able to evaluate and measure personal fitness level and move towards improved cardiovascular endurance at an intermediate level. (Created By Department - Physical Education (PHED))</p> <p><b>Assessment Cycles:</b> End of Academic Year</p> <p><b>Start Date:</b> 09/23/2013</p> <p><b>End Date:</b> 06/27/2014</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Student will show improved fitness by working longer and at higher levels than when the class began. The student will demonstrate how to Use RPE to measure their personal fitness level</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 75% of the student will meet this goal.</p>	<p>06/12/2014 - greater than 75 % of students met the goal. The teaching of RPE would be made better if the students could see how heart rate is related to RPE</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p> <p><b>Resource Request:</b> heart rate monitors</p> <p>06/12/2014 - Although the target was met there seems to need to show how heart rate and RPE relate to each other, a good way to teach this would be if students were able use heart rate monitors to see the relationship to RPE and heart rate.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
		<b>Resource Request:</b> heart rate monitors	
Department - Physical Education (PHED) - PHED 41B - INTERMEDIATE INDOOR CYCLING - SLO 2 - Application of knowledge - A successful student will be able to demonstrate an understanding of cadence control as it pertains to both hills and sprints - which relates to "terrain or geography of the intermediate level ride". (Created By Department - Physical Education (PHED))	<b>Assessment Method:</b> Observation during class of student's cadence during hills and sprints <b>Assessment Method Type:</b> Observation/Critique <b>Target for Success:</b> 80%	12/17/2014 - 80% of students demonstrated cadence control during hills and sprints. <b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014	
<b>Assessment Cycles:</b> End of Academic Year  <b>Start Date:</b> 09/23/2013  <b>Course-Level SLO Status:</b> Active			
Department - Physical Education (PHED) - PHED 41C - INTERMEDIATE CARDIO INTERVALS - HILLS & SPRINTS - SLO 1 - Application of knowledge - Demonstrate correct bio-mechanics on an indoor bicycle using the high performance bike fit which focuses on the saddle height for pedaling efficiency. (Created By Department - Physical Education (PHED))	<b>Assessment Method:</b> Observation of students demonstrate correct bio-mechanics on an indoor bicycle using the high performance bike fit which focuses on the saddle height for pedaling efficiency. <b>Assessment Method Type:</b> Observation/Critique <b>Target for Success:</b> 80% of students will demonstrate correct bio-mechanics on an indoor bicycle using the high performance bike fit which focuses on the saddle height for pedaling efficiency.	12/17/2014 - 80% of students demonstrated correct bio-mechanics on an indoor bicycle using the high performance bike fit which focuses on the saddle height for pedaling efficiency. <b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014	
<b>Assessment Cycles:</b> End of Academic Year  <b>Start Date:</b> 09/23/2013  <b>Course-Level SLO Status:</b> Active			
Department - Physical Education (PHED) - PHED 41C - INTERMEDIATE CARDIO INTERVALS - HILLS & SPRINTS - SLO 2 - Application of knowledge - Demonstrate an increased and intermediate level	<b>Assessment Method:</b> Observation of students demonstrating an increased and intermediate level understanding of cadence control as it pertains to both hills and sprints at an	12/17/2014 - 80% of students demonstrated an increased and intermediate level of understanding of cadence control as it pertains to both hills and sprints at an intermediate level. <b>Result:</b>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>understanding of cadence control as it pertains to both hills and sprints at an intermediate level. (Created By Department - Physical Education (PHED))</p> <p><b>Assessment Cycles:</b> End of Academic Year</p> <p><b>Start Date:</b> 09/23/2013</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p>intermediate level.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 80% of students demonstrate an increased and intermediate level understanding of cadence control as it pertains to both hills and sprints at an intermediate level.</p>	<p>Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>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))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> visual observation and analyze and critique bowling techniques.</p> <p><b>Assessment Method Type:</b> Discussion/Participation</p> <p><b>Target for Success:</b> 80% of students will be able to score over 100. Special criteria will be used for students with special needs.</p>		
<p>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))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> visual instruction and observation of basic skill of bowling</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p> <p><b>Target for Success:</b> 65% of students will show ability to safely demonstrate how to use bowling equipment</p>		
<p>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))</p> <p><b>Start Date:</b></p>	<p><b>Assessment Method:</b> verbally discussed workout program and watched them demonstrate their program.</p> <p><b>Assessment Method Type:</b> Interviews/Focus Groups</p> <p><b>Target for Success:</b> 50% of my students will be able to demonstrate proper lifting techniques in a</p>	<p>11/12/2014 - Above 50% of my students completed this course and were able to demonstrate proper lifting techniques in a safe environment</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
09/26/2011 <b>End Date:</b> 12/16/2011 <b>Course-Level SLO Status:</b> Active	safe environment. ro	11/12/2014 - Above 50% of my students were able to demonstrate proper lifting techniques in a safe environment. <b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014	
		11/12/2014 - 100 % of my students will be able to demonstrate proper lifting techniques in a safe environment <b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014	
	<b>Assessment Method:</b> Verbally discussed workout program and watched them demonstrate their program <b>Assessment Method Type:</b> Discussion/Participation <b>Target for Success:</b> 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		
	<b>Assessment Method:</b> Discuss verbally a workout program and watched students demonstrate their program <b>Assessment Method Type:</b> Discussion/Participation <b>Target for Success:</b> 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		
	<b>Assessment Method:</b> Students will use a workout log to create and track a safe and effective cardio-respiratory and weight training program. <b>Assessment Method Type:</b>	06/18/2014 - 85% of students were able to create and demonstrate a safe and effective cardio-respiratory and weight training program. <b>Result:</b> Target Met	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
	<p>Observation/Critique</p> <p><b>Target for Success:</b> 80%</p>	<p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
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))	<p><b>Assessment Method:</b> Students will demonstrate proper and safe use of resistance equipment.</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 80% of students will demonstrate proper technique.</p> <p><b>Assessment Method:</b> Students will be observed in daily workouts</p> <p><b>Assessment Method Type:</b> Observation/Critique</p> <p><b>Target for Success:</b> 100%</p>	<p>11/12/2014 - 100% of students will improve their fitness level.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p> <p>06/18/2014 - 100 percent of students demonstrated safe and appropriate use of training equipment</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
Course-Level SLO Status: Active			
Department - Physical Education (PHED) - PHED 45A - FOUNDATIONS OF STRENGTH & CONDITIONING - SLO 2 - Application of Knowledge - Students will learn appropriate exercise program design, safe exercise technique, and the ways to assess physical improvement. (Created By Department - Physical Education (PHED))	<p><b>Assessment Method:</b> Students will complete a course long program design which targets all major muscle groups showing which ones lead to great physical improvement.</p> <p><b>Target for Success:</b> I expect 80% of my students to pass with an A or higher.</p>	<p>07/02/2014 - The course long program yielded mixed results as 4 out the 7 students met the criteria for the assessment with a better then 80% average. The 3 students who did not meet it, seldom listened to my instruction thus following their own ideas which lead to a lack of knowledge.</p> <p><b>Result:</b> Target Not Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
Course-Level SLO Status: Active			
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	<p><b>Assessment Method:</b> Observe the amount of weight a student can lift at the beginning of the class vs. the end of the class</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
Education (PHED))  <b>Course-Level SLO Status:</b> 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))	<p><b>Assessment Method:</b> Instructor observation</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p> <p><b>Assessment Method:</b> positive attendance and participation</p> <p><b>Assessment Method Type:</b> Discussion/Participation</p> <p><b>Target for Success:</b> 30 of 34 class meetings attended and participated</p>	
Course-Level SLO Status: Active	<p><b>Assessment Method:</b> Students will engage in an exam that shows their knowledge of machines and exercises and how to safely do each one. It will be a 10 point exam.</p> <p><b>Assessment Method Type:</b> Exam - Course Test/Quiz</p> <p><b>Target for Success:</b> I expect 805 of my students to pass with a B or higher.</p>	<p>05/16/2014 - I had 52% pass rate with a B or higher. I think the reason for this is because 9 people failed to turn the test in and received 0's. Of the people that took the test 10 of 11 people that took the test passed with B's or higher.</p> <p>Voges, Christiaan 10 Ruiz-Lara, George 10 Dow, Donovan 5 Kopelman, Jonathan 10 Gutierrez, Anthony 0 Mateos, Lorenzo 10 Gomez, Octavio 0 Dow, Dominique Lynch, Sean 10 Ferman, David 0 Afilal El Alami Idrissi, Karim Nguyen, Billy 10 Friedman, Samuel 0 Ferrer, Michael 10 Carmona, Victor 10 Fabre, Casey 0 Chua, Roi 10 Espinoza, Ivan 10 Ortiz, Anthony Zaru, Oliver 10</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
		<p><b>Result:</b> Target Not Met <b>Year This Assessment Occurred:</b> 2013-2014</p>	
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, weights and core exercises (Created By Department - Physical Education (PHED))	<p><b>Assessment Method:</b> Pre/Post test to evaluate degree of increased proficiency. <b>Assessment Method Type:</b> Pre/Post Test <b>Target for Success:</b> 80% of students will succeed.</p>	<p>11/11/2014 - the 80% threshold was met for this course in fact over 80% of the students showed an increase in proficiency</p> <p><b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014</p>	
<b>Course-Level SLO Status:</b> Active	<p><b>Assessment Method:</b> Students will design a comprehensive workout plan. that covers all aspects of the class and will be graded on a 10 point scale.</p> <p><b>Assessment Method Type:</b> Essay/Journal <b>Target for Success:</b> I expect all my students to have at least a 90% on this assignment.</p>	<p>06/09/2014 - All my students who did the work got better then 90%. The ones who did not do it are the only ones who did not score over 90%.</p> <p><b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014</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><b>Assessment Method:</b> Pre/Post test to evaluate degree of increased proficiency. <b>Assessment Method Type:</b> Pre/Post Test <b>Target for Success:</b> 80% of students will succeed.</p>	<p>11/11/2014 - Over 80 % of the students showed an increase of proficiency in this course.</p> <p><b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014</p>	
<b>Course-Level SLO Status:</b> Active		<p>06/28/2013 - Above 80% of students showed proficiency in class workouts throughout the quarter.</p> <p><b>Result:</b> Target Met <b>Year This Assessment Occurred:</b> 2013-2014</p>	
Department - Physical Education (PHED) - PHED 46B - ADVANCED WEIGHT LIFTING	<p><b>Assessment Method:</b> Students will participate in a Final exam at</p>	<p>07/02/2014 - Every student received a B or Higher in the class. I need to make the exam tougher.</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>FOR HEALTH AND FITNESS - Knowledge - Demonstrate safe and appropriate use of resistance training machines and free weights. (Created By Department - Physical Education (PHED))</p> <p><b>Start Date:</b> 09/23/2013</p> <p><b>End Date:</b> 06/27/2014</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p>end of term. This will cover all uses and safety measures covered in class on a day to day basis.</p> <p><b>Assessment Method Type:</b> Exam - Course Test/Quiz</p> <p><b>Target for Success:</b> I expect 80% of my students to get a B or higher.</p>	<p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 47B - THIGHS, ABS &amp; 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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> 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><b>Assessment Method Type:</b> Discussion/Participation</p> <p><b>Target for Success:</b> 75% of students will successfully demonstrate the core exercises for increasing strength and endurance.</p>	<p>06/18/2014 - Above 75% of students successfully demonstrated by the end of the quarter the core exercises for increasing strength and endurance.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 47B - THIGHS, ABS &amp; 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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> The student will keep a fitness journal that will track their progress towards their desired fitness level.</p> <p><b>Assessment Method Type:</b> Essay/Journal</p> <p><b>Target for Success:</b> 75% of students will demonstrate increased strength and endurance.</p>	<p>06/18/2014 - Above 75% of students have demonstrated increases in strength and endurance.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 47C - HIGH INTENSITY INTERVAL TRAINING (HIIT) - SLO 1 - Application of Knowledge - Demonstrate cardiovascular fitness improvements in a personal strength</p>	<p><b>Assessment Method:</b> A successful student will perform a pre and post test to demonstrate cardiovascular fitness improvements in a personal strength program.</p>	<p>06/18/2014 - Above 80% of the students performed and passed a pre and post test to demonstrate cardiovascular fitness improvements in a personal strength program</p> <p><b>Result:</b></p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>program (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will pass with a grade of B or better.</p>	<p><b>Target Met</b></p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 47C - HIGH INTENSITY INTERVAL TRAINING (HIIT) - SLO 2 - Application of knowledge - Demonstrate safe and appropriate use of strength apparatus and tools. (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> A successful student will perform a pre and post test to demonstrate safe and appropriate use of strength apparatus and tools.</p> <p><b>Target for Success:</b> 80% of students will pass with a grade of B or better.</p>	<p>06/18/2014 - Above 80% of the students performed and passed a pre and post test to demonstrate safe and appropriate use of strength apparatus and tools.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>Department - Physical Education (PHED) - PHED 49A - SURVIVOR TRAINING - SLO 1 - Application of Knowledge - Design and practice sports fitness drills for increased strength. (Created By Department - Physical Education (PHED))</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> A successful student will perform a pre and post test to demonstrate and understand how to design and practice sports fitness drills for increased strength.</p> <p><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will pass with a grade of B or better.</p>	<p>06/18/2014 - 80% of students successfully demonstrated how to design and practice sports fitness drills for increased strength.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> 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><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will pass with a grade of B or better.</p>	<p>06/18/2014 - 80% of students successfully performed a pre and post test to demonstrate safe and appropriate use of free weights and other strength training apparatus.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> 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><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will demonstrate proper analysis of the necessary components for a complete fitness program.</p>	<p>06/18/2014 - More than 80% of students demonstrated proper analysis of the necessary components for a complete fitness program.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> 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><b>Assessment Method Type:</b> Pre/Post Test</p> <p><b>Target for Success:</b> 80% of students will pass with a grade of B or better.</p>	<p>06/18/2014 - More than 80% of students passed with better than a B grade.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Instructor Observation</p> <p><b>Assessment Method Type:</b> Discussion/Participation</p> <p><b>Target for Success:</b> 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>		

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
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><b>Assessment Method:</b> Students will design and submit individualized projects</p> <p><b>Assessment Method Type:</b> Class/Lab Project</p> <p><b>Target for Success:</b> 80% of students will pass with a grade of B or better.</p>		
<b>Course-Level SLO Status:</b> Active			
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><b>Assessment Method:</b> Practical exam</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p> <p><b>Target for Success:</b> All components of tape job included</p> <p>Tape job neat, without wrinkles or holes</p> <p>Complete tape job in less than 3 minutes</p>	<p>12/01/2014 - All students met SLO. Resource request for practice tape valuable to allow for ample instruction and practice.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<b>Course-Level SLO Status:</b> Active			
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><b>Assessment Method:</b> Practical Examination</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p> <p><b>Target for Success:</b> Demonstrate appropriate techniques for active and passive stretching of the upper and lower extremities</p>	<p>12/01/2014 - All students met SLO</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<b>Course-Level SLO Status:</b> Active			
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><b>Assessment Method:</b> Practical Exam</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p> <p><b>Target for Success:</b> All students completing PHED 62B will show competency in performing soft tissue massage techniques</p>	<p>12/01/2014 - All students met SLO. Identified by Advisory Council as valuable skill to be applied in the workplace.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<b>Course-Level SLO Status:</b> Active			

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Research paper describing theoretical use of therapeutic modalities</p> <p><b>Assessment Method Type:</b> Research Paper</p> <p><b>Target for Success:</b> All students completing PHED 62B will complete the research paper describing the theoretical use of therapeutic modalities</p>	<p>12/01/2014 - All students met SLO. Theoretical understanding of therapeutic modality use makes our students leaders in further academic study and in the workplace.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Practical Exam</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p> <p><b>Target for Success:</b> All students completing PHED 62C will show competency in demonstrating a foot, ankle and lower leg injury evaluation</p>	<p>12/01/2014 - 80% of students completed SLO. Continued focus on instruction and practice in this area is necessary. Increased application of this skill with actual injuries to student-athletes!</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<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><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Research paper correlating muscle groups with various free weight and variable resistance machine exercises</p> <p><b>Assessment Method Type:</b> Research Paper</p> <p><b>Target for Success:</b> All students completing PHED 62C will complete a research paper correlating muscle groups with various free weight and variable resistance machine exercises</p>	<p>12/01/2014 - 80% of students met this SLO. Continued focus on instruction and application important for skill development.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<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><b>Assessment Method:</b> Practical Exam</p> <p><b>Assessment Method Type:</b> Presentation/Performance</p> <p><b>Target for Success:</b> All students completing PHED 62D will</p>	<p>12/01/2014 - 80% of students completed this SLO. Continued focus on instruction and practice time is important.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b></p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<b>Course-Level SLO Status:</b> Active	complete a shoulder injury evaluation	2013-2014	
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))  <b>Course-Level SLO Status:</b> Active	<p><b>Assessment Method:</b> Written description of functional rehabilitation program as well as demonstration of the functional rehabilitation program with an athlete</p> <p><b>Assessment Method Type:</b> Class/Lab Project</p> <p><b>Target for Success:</b> All students completing PHED 62D will design and demonstrate a functional rehabilitation program for the lower extremity</p>	<p>12/01/2014 - All students completed this SLO. Excellent progress with these programs. Students completed excellent work with injured student-athletes providing a valuable service to Foothill inter-collegiate athletics.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
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))  <b>Course-Level SLO Status:</b> Active	<p><b>Assessment Method:</b> Oversee and collaborate with student on a comprehensive rehabilitation program for an injured student athlete.</p> <p><b>Assessment Method Type:</b> Class/Lab Project</p> <p><b>Target for Success:</b> All students completing PHED 62E will develop a comprehensive rehabilitation plan</p>	<p>12/01/2014 - All students completed this SLO</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
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))  <b>Course-Level SLO Status:</b> Active	<p><b>Assessment Method:</b> Review capstone project summarizing the body of student learning over the course of the PHED 62 series of classes</p> <p><b>Assessment Method Type:</b> Portfolio Review</p> <p><b>Target for Success:</b> All students completing PHED 62E will complete a capstone project demonstrating mastery of course materials</p>	<p>12/01/2014 - All students completed this SLO. This project continues to be a shining example of the comprehensive experience the students receive in the KINS 62 series and Foothill Sports Medicine Program. Student completing the progression and program are leaders in the areas of sports medicine!</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
<p>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))</p> <p><b>Start Date:</b> 01/02/2013</p> <p><b>End Date:</b> 03/30/2013</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Practical Examination of Upper Extremity Stretching</p> <p><b>Assessment Method Type:</b> Discussion/Participation</p> <p><b>Target for Success:</b> 80% of students will successfully demonstrate Upper Extremity PNF Stretching</p>	<p>06/16/2014 - Students demonstrated Upper Extremity Stretching using techniques of PNF during their Practical Examination</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>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))</p> <p><b>Start Date:</b> 01/10/2012</p> <p><b>End Date:</b> 03/30/2012</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Practical Examination</p> <p><b>Assessment Method Type:</b> Discussion/Participation</p> <p><b>Target for Success:</b> 80% of the students will demonstrate appropriate techniques of Upper Extremity PNF Strengthening</p>	<p>06/16/2014 - Students performed Upper Extremity strengthening using techniques of PNF during their Practical Examination.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p>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))</p> <p><b>Start Date:</b> 09/26/2011</p> <p><b>End Date:</b> 12/16/2011</p> <p><b>Course-Level SLO Status:</b> Active</p>	<p><b>Assessment Method:</b> Practical Examination</p> <p><b>Assessment Method Type:</b> Discussion/Participation</p> <p><b>Target for Success:</b> 80% of the students will successfully demonstrate Lower Extremity Stretching</p>	<p>06/16/2014 - Students demonstrated Lower Extremity musculo-skeletal stretching using techniques of PNF during their Practical Examination.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p> <p>06/16/2014 - Students demonstrated Lower Extremity musculo-skeletal stretching using techniques of PNF.</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	

Course-Level SLOs	Means of Assessment & Targets for Success / Tasks	Assessment Findings/Reflections	Action Plan & Follow-Up
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))	<p><b>Assessment Method:</b> Practical Examination</p> <p><b>Assessment Method Type:</b> Discussion/Participation</p> <p><b>Target for Success:</b> 80% of the students will demonstrate appropriate Lower Extremity PNF Strengthening techniques</p>	<p>06/16/2014 - Students demonstrated Lower Extremity musculo-skeletal strengthening using techniques of PNF during their Practical Examination</p> <p><b>Result:</b> Target Met</p> <p><b>Year This Assessment Occurred:</b> 2013-2014</p>	
<p><b>Course-Level SLO Status:</b> Active</p>			