

Course SLO Assessment Report - 4-Column

El Camino College

El Camino: Course SLOs (HSA) - Kinesiology

Course SLOs	Assessment Methods & Standard and Target for Success / Tasks	Results	Action & Follow-Up
<p>El Camino: Course SLOs (HSA) - Kinesiology - ECC: PE 18 - Boxing - SLO #1 Improved Endurance - Students will demonstrate improvements in aerobic and anaerobic cardio respiratory endurance. (Created By El Camino: Course SLOs (HSA) - Kinesiology)</p> <p>Course SLO Assessment Cycle: 2016-17 (Fall 2016)</p> <p>Input Date: 11/29/2013</p> <p>Course SLO Status: Active</p>	<p>Assessment Method Description: Students ran a mile for time.</p> <p>Assessment Method: Performance</p> <p>Standard and Target for Success: 80% of the students showed improvement in their mile times.</p>	<p>02/06/2014 - 35 students ran a mile in the beginning and end of the semester. 25 (71%) of the students showed improvement. Since it's a boxing class and we spend most of our time practicing boxing skills, the mile run is not a true measure of their boxing endurance. Next time we do this assessment we will do a cardiovascular test that is more boxing related.</p> <p>Standard Met? : No</p> <p>Semester and Year Assessment Conducted: 2013-14 (Fall 2013)</p> <p>Faculty Assessment Leader: Krysti Rosario</p> <p>Reviewer's Comments: RS - This assessment has insufficient data, and will be re assessed Summer 2014. No anaerobic component is mentioned in the report. Students should show improvement in their CV endurance, so I believe the mile run is appropriate. The action is not consistent with the rest of the report.</p>	<p>05/05/2014 - Add an intermediate and advanced boxing class.</p> <p>Action Category: Curriculum Changes</p>
<p>El Camino: Course SLOs (HSA) - Kinesiology - ECC: PE 2 - Walking for Fitness - SLO #1 Improved Fitness - Students will demonstrate improvement in their Physical Fitness through an individualized fitness walking program. (Created By El Camino: Course SLOs (HSA) - Kinesiology)</p> <p>Course SLO Assessment Cycle: 2016-17 (Fall 2016)</p> <p>Input Date: 11/29/2013</p> <p>Course SLO Status: Active</p>	<p>Assessment Method Description: Performed a one-mile timed walk. Students performed a Pre-test(week #1) and a Post-test(week 15).</p> <p>Assessment Method: Performance</p> <p>Standard and Target for Success: 90% of the students should demonstrate improvement in their one mile walk time.</p>	<p>01/30/2014 - 16 of the 17 students showed improvement is their one-mile walk time, with the average improvement being 1 minute and 5 seconds.</p> <p>Standard Met? : Yes</p> <p>Semester and Year Assessment Conducted: 2013-14 (Fall 2013)</p> <p>Faculty Assessment Leader: Tom Hicks</p> <p>Reviewer's Comments: RS - Next time the assessment is done, the target for success should include how much of an improvement is expected of 90% of the students.</p>	<p>09/08/2014 - This course meets in PE25. This is just a small room that does not have room for the class to meet inside, stretch, lecture or have any discussion. These activities were done outside during the walking portion of the class. This class needs to have a meeting place where these activities can be done.</p> <p>Action Category: Program/College Support</p>
<p>El Camino: Course SLOs (HSA) - Kinesiology - ECC: PE 220 - Naginata - A Japanese Martial Art - SLO #1 Demonstration - Students will utilize a Naginata (pole arm) and demonstrate appropriate offensive and defensive tactics. (Created By El Camino: Course SLOs (HSA) - Kinesiology)</p>	<p>Assessment Method Description: Students performed offensive and defensive techniques partnering with another student. Grades were given for various skills utilizing the naginata as observed by the instructor.</p> <p>Assessment Method: Presentation/Skill Demonstration</p> <p>Standard and Target for Success:</p>	<p>12/12/2013 - 18 out of the 20 students (90%) could perform the techniques. Students performed this art very well in a short time (one semester). There is so much more to naginata that can be taught and learned in one semester.</p> <p>Standard Met? : Yes</p>	<p>12/10/2014 - An advanced naginata course is recommended so that students can develop more naginata techniques/skills. One semester is not enough time to learn more advanced techniques.</p>

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<p>Course SLO Assessment Cycle: 2014-15 (Fall 2014) 2017-18 (Fall 2017)</p> <p>Input Date: 11/29/2013</p> <p>Course SLO Status: Active</p>	<p>80% of the students will be able to adequately perform the offensive and defensive techniques.</p>	<p>Semester and Year Assessment Conducted: 2013-14 (Fall 2013)</p> <p>Faculty Assessment Leader: Helen Nakano</p> <p>Reviewer's Comments: RS-More detail on techniques and how students performed on each would be nice so that improved teaching strategies could be recommended for skills that need it.</p>	<p>Action Category: Curriculum Changes</p>
<p>El Camino: Course SLOs (HSA) - Kinesiology - ECC: PE 240 - Beginning Swimming - SLO #1 Breathing - The student will demonstrate swimming freestyle using correct breathing. (Created By El Camino: Course SLOs (HSA) - Kinesiology)</p> <p>Course SLO Assessment Cycle: 2014-15 (Fall 2014) 2017-18 (Fall 2017)</p> <p>Input Date: 11/29/2013</p> <p>Course SLO Status: Active</p>	<p>Assessment Method Description: Students swam 50 yards and were evaluated by the instructor for correct breathing technique</p> <p>Assessment Method: Performance</p> <p>Standard and Target for Success: 100% of students can swim 50 yards with proper breathing technique.</p>	<p>12/10/2013 - 20 out of 25 students could swim the 50 yards with proper breathing technique.</p> <p>Standard Met? : No</p> <p>Semester and Year Assessment Conducted: 2013-14 (Fall 2013)</p> <p>Faculty Assessment Leader: Le Valley Pattison</p> <p>Reviewer's Comments: RS - more detailed data and analysis is recommended, with strategies to meet the standard of 100% of the students.</p>	<p>12/01/2014 - We are in need of new lane lines. The current ones are really old, and are falling apart.</p> <p>Action Category: Program/College Support</p> <p>08/25/2014 - Need a class for students who aren't ready for the Intermediate/advanced class.</p> <p>Action Category: Curriculum Changes</p>
<p>El Camino: Course SLOs (HSA) - Kinesiology - ECC: PE 254 - Aerobic Fitness - SLO #1 CV Endurance - Students will demonstrate improvements in Cardiovascular Endurance. (Created By El Camino: Course SLOs (HSA) - Kinesiology)</p> <p>Course SLO Assessment Cycle: 2016-17 (Fall 2016)</p> <p>Input Date: 01/21/2014</p> <p>Course SLO Status: Active</p>	<p>Assessment Method Description: A timed, physical assessment will be given at the beginning of the semester. That same timed, physical assessment will be given at the end of the semester. Individual performance will be evaluated to see if improvement was made.</p> <p>Assessment Method: Performance</p> <p>Standard and Target for Success: The following rubric will be used: 4-Students decreased their time by 10% or more 3-Students decreased their time by 7-9% 2-Students decreased their time by 4-6% 1-Students decreased thier time by 1-3%</p>	<p>06/17/2014 - lost</p> <p>Standard Met? : No</p> <p>Semester and Year Assessment Conducted: 2013-14 (Fall 2013)</p> <p>Faculty Assessment Leader: J. Baquero</p> <p>Reviewer's Comments: RS- I assisted faculty with inputting the data, but we must have forgot to save. We will reassess Fall 2014</p>	
<p>El Camino: Course SLOs (HSA) - Kinesiology - ECC: PE 54 - Weight Training - SLO #1 Assess Endurance and Develop Programs - Student will assess current fitness levels in muscle endurance and develop programs to improve fitness level. (Created By El Camino: Course SLOs (HSA) - Kinesiology)</p>	<p>Assessment Method Description: Students were tested in regards to abdominal muscle endurance via a 1 minute sit-up test. The test was given 3 times. Once at the beggining of the semester, once mid semester and one at the end of the semester. Results were recorded and monitored. An abdominal workout was developed at the beginning of the semester and</p>	<p>02/14/2014 - 55 (100%) students were given the standardized situp test. All students were able to assess their current fitness levels on each test by recording the results in a fitness folder. This assessment served not only as an understanding of their own current fitness level in abdominal muscle endurance but also served as a testing standard to monitor the muscle endurance program in which they developed. Each student</p>	<p>03/02/2015 - Next assessment it would be appropriate to test a couple different types of muscle endurance in order to see full body development. The current assesssment does show the students understanding of the concept.</p>

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