

Student Learning Outcomes for P E 6Q

Lo Impact Aerobic Rhythms

Team Members:

Team Leader:

[Marcia Maiero](#) (8985) in P E

Additional team members/notes about team:

Additional Notes:

Other members:

1. [Dawnis Catherine Guevara](#) (x8555) P E
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Outcomes:

Outcome 1 Phase I: Statement

Apply knowledge of basic fitness concepts to health and fitness.

Outcome 1 Phase II: Assessment Strategy Used:

Assessment Quarter: Winter 2011

Assessors: Marcia maiero

Assessment Tools: ••• Physical Assessments

Sections being assessed: 01

Outcome 1 Phase III: Reflect & Enhance

Number of people involved in Phase III: 1

Changes:

Methods:

Through an examination of multiple choice and true/false questions the students knowledge of basic fitness concepts was tested. An essay paper based upon lecture

information and the text "Fit and Well" was also required.

Findings and Conclusions:

Students knowledge based upon lecture materials and the textbook was outstanding with an overall success rate of 85 to 100%. Approximately, 60% of the students need to work on basic skills for English grammar. The problem as the evaluator sees it, is that ESL is an advisory for this course and English writing skills need to be improved as students are not working up to college level.

Enhancement (Planned Actions)**Part I:**

The written exam can be changed from time to time reflecting the changes in the required text and updated information on exercise physiology, otherwise, it is a good tool for obtaining information about student knowledge. I see no need for changing the teaching methods or assignments.

Part II:

The quality of at least 60% of the student essays is very poor. The writing skills which include grammar, words reflecting past and present tense, and spelling hews that many of the students do not have basic English skills and are not working at a college level.

Outcome 2 Phase I: Statement

Demonstrate improvement in cardiorespiratory, strength and flexibility.

Outcome 2 Phase II: Assessment Strategy Used:

Assessment Quarter: Winter 2011

Assessors:

Assessment Tools: • •

Sections being assessed: 01

Outcome 2 Phase III: Reflect & Enhance

Number of people involved in Phase III: 1

Changes:

Methods:

Physical assessments measuring cardio respiratory endurance, muscular strength, muscular endurance and flexibility were performed twice during the quarter. The first to measure the level of fitness and the second to measure improvement.

Findings and Conclusions:

Improvement in one or more areas of the fitness assessment was accomplished by 100% of the students. Ninety-eight percent improved on cardio respiratory fitness, with 100% showing improvement in core strength, upper body strength and 75% of the students improving in body composition.

Enhancement (Planned Actions)**Part I:**

The success rate for the physical assessment indicates that students overall cardio respiratory functions, muscular strength, muscular endurance and body composition are being improved by taking this course. I see no need to change the teaching methods. It is important to continue to vary the exercises and equipment used to enhance overall progress of students in this course.

Part II:

As equipment wears out it is necessary that it is replaced to insure that student success is achieved.

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