

Overview of SLO Process Work for the Division

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
Dept - (PE) Athletics (Hybrid)	PE 38W	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies, mental and physical skills of Badminton with an increasing degree of proficiency.				
		Perform the techniques, strategies, mental and physical skills of Badminton with an increasing degree of proficiency.	p;l			
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
	PE 39M	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies, mental and physical skills of Men's Soccer with an increasing degree of proficiency.				
	PE 39W	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies, mental and				

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		physical skills of women's soccer with an increasing degree of proficiency.				
		Perform the techniques, strategies, mental and physical skills of women's soccer with an increasing degree of proficiency.				
	PE 40	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies, mental and physical skills of men's football with an increasing degree of proficiency.				
		Perform the techniques, strategies, mental and physical skills of men's football with an increasing degree of proficiency.				
	PE 41	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies, mental and physical skills of water polo with an increasing degree of proficiency while adhering to the De Anza College athletics code of ethics.				
		Perform the techniques, strategies, mental and physical skills of water polo with an increasing degree of proficiency while adhering to the De Anza College athletics				

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		code of ethics.				
	PE 42W	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies, mental and physical skills of women's volleyball with an increasing degree of proficiency.				
		Perform the techniques, strategies, mental and physical skills of women's volleyball with an increasing degree of proficiency.				
	PE 43	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies, mental and physical skills of cross country racing with an increasing degree of proficiency.				
		Perform the techniques, strategies, mental and physical skills of cross country racing with an increasing degree of proficiency.				
	PE 44M	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies, mental and physical skills of men's basketball with an increasing				

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		degree of proficiency. Perform the techniques, strategies, mental and physical skills of men's basketball with an increasing degree of proficiency.				
	PE 44W	Apply knowledge of basic fitness concepts as they apply to health and wellness. Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies, mental and physical skills of women's basketball with an increasing degree of proficiency. Perform the techniques, strategies, mental and physical skills of women's basketball with an increasing degree of proficiency.	Team win/loss record.	24 wins and 6 losses.	This was a Team that had great success because of the following qualities: leadership, hard work ethic, knowledge of the sport, and unselfish.	
	PE 45	Apply knowledge of basic fitness concepts as they apply to health and wellness. Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies, mental and physical skills of swimming and diving with an increasing degree of proficiency while adhering to the De Anza College athletics code of ethics. Perform the techniques, strategies, mental and physical skills of swimming and diving with an increasing degree of proficiency while adhering to the De Anza College athletics code of				

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		ethics.				
	PE 46	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies, mental and physical skills of track and field with an increasing degree of proficiency.				
		Perform the techniques, strategies, mental and physical skills of track and field with an increasing degree of proficiency.				
	PE 47M	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies, mental and physical skills of baseball with an increasing degree of proficiency.				
		Perform the techniques, strategies, mental and physical skills of baseball with an increasing degree of proficiency.				
	PE 47W	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies, mental and physical skills of women's softball with an increasing				

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		degree of proficiency.				
		Perform the techniques, strategies, mental and physical skills of women's softball with an increasing degree of proficiency.				
	PE 48M	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies, mental and physical skills of competitive tennis with an increasing degree of proficiency.				
		Perform the techniques, strategies, mental and physical skills of competitive tennis with an increasing degree of proficiency.				
	PE 48W	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies, mental and physical skills of women's tennis with an increasing degree of proficiency.				
		Perform the techniques, strategies, mental and physical skills of women's tennis with an increasing degree of proficiency.				
	SSLO - Athletics	All student-athletes will develop and file an educational plan relevant to their academic and athletic goals by the end of their first				

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		SSLO - year of being involved in Athletic athletics.				
		All student-athletes will develop and file an educational plan relevant to their academic and athletic goals by the end of their first year of being involved in athletics.		This is the first assesment cycle conducted, using one-on-one meetings with student-athletes.		
		Student athletes will indicate that the treatment from the athletic trainers speeded their recovery.				
		Student athletes will indicate that the treatment from the athletic trainers speeded their recovery.		We surveyed a diverse group of athletes that utilize our services.		
		Student athletes will indicate that they received quick and adequate treatment for their injury				
		Student athletes will indicate that they received quick and adequate treatment for their injury		This was the first assesment cycle. A survey was used on a cross cultural group.		
		Student athletes will recognize that they are receiving the appropriate equipment for their sport.				
		Student athletes will recognize that they are receiving the appropriate equipment for their sport.		This is the first assesment cycle conducted. Student athletes are fitted with the proper size equipment.If the equipment does not fit properly they can exchange for the right size.Visually make sure the equipment is fitted properly.		
Dept - (PE) Massage Therapy	P E 53	Evaluate what is causing personal stress and then design and implement a stress reduction program.				

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		Evaluate what is causing personal stress and then design and implement a stress reduction program.	Completion of personal stress inventory and stress log and the development of personal stress reduction program (midterm assignment)			
	P E 54	Apply knowledge of the different bodily systems and a variety of massage strokes to design and perform a one-hour relaxation massage using proper techniques.				
		Apply knowledge of the different bodily systems and a variety of massage strokes to design and perform a one-hour relaxation massage using proper techniques.	Written examinations to ascertain if students have achieved knowledge of the bodily system and the effect of a variety of strokes help the designed and perform a 1 hour relaxation massage.			
		Performing a safe one-hour massage with proper draping and communication.				
		Performing a safe one-hour massage with proper draping and communication.	Perform a one hour relaxation massage while being evaluated with a 100 point section grading rubric.			
	P E 54A	Utilize assessment and palpation skills to analyze myofascial restrictions and then use the data to formulate a treatment program to reduce pain and dysfunction.				
		Utilize assessment and palpation skills to analyze myofascial restrictions and then use the data to formulate a treatment program to reduce pain and dysfunction.	Students conduct a thorough physical assessment of a client with myofascial pain. They then administer ten treatments utilizing the techniques instructed in class. After ten treatments they administer the same battery of assessments as the pretest. They then discuss the results answering: What worked? What did not work? and What			

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		Utilize assessment and palpation skills to analyze myofascial restrictions and then use the data to formulate a treatment program to reduce pain and dysfunction.	they would do differently if they did the project again?			
	PE 54B	Appraise common athletic injuries and the factors that contribute to them.				
		Appraise common athletic injuries and the factors that contribute to them.				
		Formulate and demonstrate with proper techniques 20 minute pre-event, post-event and maintenance massage sequences, according to the needs of the athlete.				
		Formulate and demonstrate with proper techniques 20 minute pre-event, post-event and maintenance massage sequences, according to the needs of the athlete.				
	PE 54C	Differentiate between tender points and trigger points and then demonstrate with proper form appropriate techniques to treat them.				
		Differentiate between tender points and trigger points and then demonstrate with proper form appropriate techniques to treat them.				
	PE 54D	Analyze a client's medical intake form and then design and perform an effective treatment, which is then documented using proper soap note charting procedures.				
		Analyze a client's medical intake form and then design and perform an effective	Students fills out a anonymous questionnaire at the end of the class.			

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		treatment, which is then documented using proper soap note charting procedures.	Students fills out a anonymous questionnaire at the end of the class.			
		Demonstrate the ability to run all aspects of a massage business while maintaining ethical relationships with the clientele.				
		Demonstrate the ability to run all aspects of a massage business while maintaining ethical relationships with the clientele.	Students fills out a anonymous questionnaire at the end of the class.			
	PE 54E	Utilize oriental medicine protocols to design and demonstrate with proper form a one-hour table shiatsu massage treatment session.				
		Utilize oriental medicine protocols to design and demonstrate with proper form a one-hour table shiatsu massage treatment session.				
	PE 54F	Design and demonstrate with proper form twenty minute chair massage sessions utilizing appropriate techniques.				
		Design and demonstrate with proper form twenty minute chair massage sessions utilizing appropriate techniques.				
	PE 54T	Conduct an effective massage utilizing appropriate techniques, while maintaining proper body mechanics.				
		Conduct an effective massage utilizing appropriate				

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		techniques, while maintaining proper body mechanics.				
		Document all treatments utilizing proper S.O.A.P. note format.				
		Document all treatments utilizing proper S.O.A.P. note format.				
	PE 54U	Conduct an effective massage utilizing appropriate techniques, while maintaining proper body mechanics.				
		Conduct an effective massage utilizing appropriate techniques, while maintaining proper body mechanics.				
		Document all treatments utilizing proper S.O.A.P. note format.				
		Document all treatments utilizing proper S.O.A.P. note format.				
	PE 54V	Conduct an effective massage utilizing appropriate techniques, while maintaining proper body mechanics.				
		Conduct an effective massage utilizing appropriate techniques, while maintaining proper body mechanics.				
		Document all treatments utilizing proper S.O.A.P. note format				
		Document all treatments utilizing proper S.O.A.P. note format				
Dept - (PE) Physical Education	PE 10	Perform with increasing proficiency in water & land physical activities.				
		Perform with increasing proficiency in water & land				

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		physical activities.				
		Utilize a variety of training modalities ranging from pool to track skills.				
		Utilize a variety of training modalities ranging from pool to track skills.				
	PE 10X	Perform with increasing proficiency in water & land physical activities.				
		Perform with increasing proficiency in water & land physical activities.				
		Utilize a variety of training modalities ranging from pool to track skills.				
		Utilize a variety of training modalities ranging from pool to track skills.				
	PE 10Y	Perform with increasing proficiency in water & land physical activities.				
		Perform with increasing proficiency in water & land physical activities.				
		Utilize a variety of training modalities ranging from pool to track skills.				
		Utilize a variety of training modalities ranging from pool to track skills.				
	PE 11	Apply and demonstrate flexibility concepts and use of proper technique for each joint of the body.				
		Apply and demonstrate flexibility concepts and use of proper technique for each joint of the body.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				

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		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
	PE 11X	Apply and demonstrate flexibility concepts and use of proper technique for each joint of the body.				
		Apply and demonstrate flexibility concepts and use of proper technique for each joint of the body.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
	PE 12	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.	Multiple choice exam	Approximately 90% of the students understood the concepts of fitness and lifestyle changes.	I was pleased with the outcome of this assessment. I will continue to change my methods of teaching and presenting new materials as the make up of the college community becomes more diverse.	No materials are needed at this time.
		Increased cardiorespiratory fitness, muscular strength, muscular endurance, flexibility and improved body composition.				
		Increased cardiorespiratory fitness, muscular strength, muscular endurance, flexibility and improved body composition.	Students completed an assessment testing cardio respiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.	Approximately 85% of the students in this course improved in cardio respiratory fitness, muscular strength, muscular endurance, and flexibility. The only area in which changes were not seen were in body composition due to some individuals not making other lifestyle changes such as nutrition.	I will add more information on nutrition to help students understand the importance of a balanced lifestyle. I will also add a journal to the requirements for this class.	Bands for exercise in the pool, dumbbells and other equipment may be useful in the future.

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	P E 12X	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Increased cardiorespiratory fitness, muscular strength, muscular endurance, flexibility and improved body composition.				
		Increased cardiorespiratory fitness, muscular strength, muscular endurance, flexibility and improved body composition.				
	P E 13A	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.	50 questions from Fit and Well text. Final exam.	89% students were successful	Noticed that two questions that were very poorly written. Wording/language caused confusion (esp. by ESL students). You found that study guides and quizzes to help prepare them for the test appears to have helped them succeed	Will rewrite poorly written questions and continue with the study guides and quizzes to and reassess this method of assessment.
		Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.				
		Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.				
	P E 13AX	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform with increased				

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		proficiency the skills, footwork, and strategies of the sport of badminton.				
		Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.				
	PE 13B	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.	Written Final of 50 Questions on Fit and Well Book.	99% of the students succeeded on the final.	The students were very successful as a result of the study guides I gave them to prepare for the test.	Continue to give students a study guide for the final.
		Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.				
		Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.	I gave a 50 Question Final and Quizzes for my assessment.			
	PE 13BX	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.				
		Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.				
	PE 13C	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform with increased				

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		proficiency the skills, footwork, and strategies of the sport of badminton.				
		Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.				
	PE 13CX	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.				
		Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.				
	PE 13T	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies and physical skills of badminton with an increasing degree of proficiency.				
		Perform the techniques, strategies and physical skills of badminton with an increasing degree of proficiency.				
	PE 13TX	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				

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		Perform the techniques, strategies and physical skills of badminton with an increasing degree of proficiency.				
		Perform the techniques, strategies and physical skills of badminton with an increasing degree of proficiency.				
	P E 14A	Apply knowledge of basic fitness concepts to health and fitness.				
		Apply knowledge of basic fitness concepts to health and fitness.				
		Demonstrate with increasing proficiency fundamental offensive and defensive skills utilized in bouting with the French foil.				
		Demonstrate with increasing proficiency fundamental offensive and defensive skills utilized in bouting with the French foil.				
	P E 14AX	Apply knowledge of basic fitness concepts to health and fitness.				
		Apply knowledge of basic fitness concepts to health and fitness.				
		Demonstrate with increasing proficiency fundamental offensive and defensive skills utilized in bouting with the French foil.				
		Demonstrate with increasing proficiency fundamental offensive and defensive skills utilized in bouting with the French foil.				
	P E	Apply knowledge of basic				

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	14B	fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Demonstrate with increasing proficiency the implementation of fundamental offensive and defensive skills related to bouting with the French foil.				
		Demonstrate with increasing proficiency the implementation of fundamental offensive and defensive skills related to bouting with the French foil.				
	P E 14BX	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Demonstrate with increasing proficiency the implementation of fundamental offensive and defensive skills related to bouting with the French foil.				
		Demonstrate with increasing proficiency the implementation of fundamental offensive and defensive skills related to bouting with the French foil.				
	P E 15	Apply the knowledge of basic fitness concepts as they apply to health and fitness.				
		Apply the knowledge of basic fitness concepts as they apply to health and fitness.				
		Perform with increased proficiency the skills and strategies of the sport of bowling.				
		Perform with increased proficiency the skills and				

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		strategies of the sport of bowling.				
	PE 15X	Apply the knowledge of basic fitness concepts as they apply to health and fitness.				
		Apply the knowledge of basic fitness concepts as they apply to health and fitness.				
		Perform with increased proficiency the skills and strategies of the sport of bowling.				
		Perform with increased proficiency the skills and strategies of the sport of bowling.				
	PE 16A	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.	embedded questions about muscular strength and endurance, flexibility, nutrition and self-assessment relative to a healthy lifestyle	95% of the students were able to recognize and analyze concepts about fitness, nutrition and a healthy lifestyle.	The questions need to be more interactive so that they will show that they can employ the concepts to their lifestyles.	Rewrite the questions and provide specific text references that will help students find material in the text. Implement changes by summer of 2013.
		Demonstrate knowledge of rules, etiquette and safety in the sport of golf.				
		Demonstrate knowledge of rules, etiquette and safety in the sport of golf.	Course embedded questions and exhibit appropriate behavior during final tournament.	95% of the students were successful in both tests.	The written exam and tournament format were good.	The tournament was excellent. But ran out of time due to review of written exam. Need to reassess format of tournament.
		Perform and execute a degree of proficiency with the basic fundamental of beginning golf.				
		Perform and execute a degree of proficiency with the basic fundamental of beginning golf.	Skills test: Putting 3 tries from 3 and 6 ft; Chipping to target area between two cones 5/10; pitching to land in circle 5/10; full-swing: post up - K and follow-thru 10/10. Participate in class tournament and demonstrate etiquette and	All students who attended regularly were able to perform these skills.	The skills testing itself was complex. Intermediate students were able to help, but it was very time consuming. In the summer quarter when this assessment took place, we had 1 hr and 40 minutes. It took two sessions to complete	Only do two skills per day.

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		Perform and execute a degree of proficiency with the basic fundamental of beginning golf.	safety.	All students who attended regularly were able to perform these skills.	the assessments.	Only do two skills per day.
	P E 16AX	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Demonstrate knowledge of rules, etiquette and safety in the sport of golf.				
		Demonstrate knowledge of rules, etiquette and safety in the sport of golf.				
		Perform and execute a degree of proficiency with the basic fundamental of beginning golf.				
		Perform and execute a degree of proficiency with the basic fundamental of beginning golf.				
	P E 16B	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Demonstrate knowledge of rules, etiquette and safety in the sport of golf.				
		Demonstrate knowledge of rules, etiquette and safety in the sport of golf.				
		Perform and execute an intermediate level of fundamental skills as it pertains to the sport of golf.				
		Perform and execute an intermediate level of fundamental skills as it pertains to the sport of golf.				
	P E	Apply knowledge of basic				

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	16BX	fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Demonstrate knowledge of rules, etiquette and safety in the sport of golf.				
		Demonstrate knowledge of rules, etiquette and safety in the sport of golf.				
		Perform and execute an intermediate level of fundamental skills as it pertains to the sport of golf.				
		Perform and execute an intermediate level of fundamental skills as it pertains to the sport of golf.				
	P E 19A	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform with an increasing degree of proficiency basic skills of volleyball.				
		Perform with an increasing degree of proficiency basic skills of volleyball.				
	P E 19AX	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform with an increasing degree of proficiency basic skills of volleyball.				
		Perform with an increasing degree of proficiency basic				

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		skills of volleyball.				
	PE 19B	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.	The students took an exam related to the first six chapters of the Fit and Well book which covers nutrition, muscular strength and endurance, and overall wellness.	93% of my students were successful on the Final Exam.	I will continue to improve upon my teaching methods and knowledge.	
		Perform with an increasing degree of proficiency basic skills of volleyball.				
		Perform with an increasing degree of proficiency basic skills of volleyball.	The students performed 3 skills tests: 10 passes to target, 10 sets to target, and 10 serves over the net.	95% of my students met the proficient level of all 3 skills tests.	I will continue to improve upon my teaching methods and engage my students so that we can get up to 100% successful.	To enhance and improve upon my teaching and the success of my students it would be very beneficial to video the skills so that we can assess to evaluate.
	PE 19BX	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies and physical skills of volleyball with an increasing degree of proficiency.				
		Perform the techniques, strategies and physical skills of volleyball with an increasing degree of proficiency.				
	PE 19C	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies and physical skills of volleyball with an increasing degree of proficiency.				
		Perform the techniques,				

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		strategies and physical skills of volleyball with an increasing degree of proficiency.				
	PE 19CX	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies and physical skills of volleyball with an increasing degree of proficiency.				
		Perform the techniques, strategies and physical skills of volleyball with an increasing degree of proficiency.				
	PE 19T	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the techniques, strategies and physical skills of tournament level volleyball with an increasing degree of proficiency.				
		Perform the techniques, strategies and physical skills of tournament level volleyball with an increasing degree of proficiency.				
	PE 1A	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform, thru play, with increased proficiency the basic skills associated with team offensive and defensive skills				

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		and strategies of softball.				
		Perform, thru play, with increased proficiency the basic skills associated with team offensive and defensive skills and strategies of softball.				
	PE 1AX	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform, thru play, with increased proficiency the basic skills associated with team offensive and defensive skills and strategies of softball.				
		Perform, thru play, with increased proficiency the basic skills associated with team offensive and defensive skills and strategies of softball.				
	PE 1H	Apply and demonstrate fundamental understanding of street and formal rules of basketball.				
		Apply and demonstrate fundamental understanding of street and formal rules of basketball.				
		Perform, thru play/activity, the basic skills associated with team offensive and defensive concepts of basketball.				
		Perform, thru play/activity, the basic skills associated with team offensive and defensive concepts of basketball.				
	PE 1HX	Apply and demonstrate fundamental understanding of street and formal rules of basketball.				
		Apply and demonstrate				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		fundamental understanding of street and formal rules of basketball.				
		Perform, thru play/activity, the basic skills associated with team offensive and defensive concepts of basketball.				
		Perform, thru play/activity, the basic skills associated with team offensive and defensive concepts of basketball.				
	PE 20A	Ability to perform beginning archery skills.				
		Ability to perform beginning archery skills.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness				
		Apply knowledge of basic fitness concepts as they apply to health and wellness				
	PE 20AX	Ability to perform beginning archery skills.				
		Ability to perform beginning archery skills.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness				
		Apply knowledge of basic fitness concepts as they apply to health and wellness				
	PE 20B	Ability to perform intermediate archery skills.				
		Ability to perform intermediate archery skills.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
	PE	Ability to perform intermediate				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
	20BX	archery skills.				
		Ability to perform intermediate archery skills.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness				
		Apply knowledge of basic fitness concepts as they apply to health and wellness				
	P E 21A	Apply knowledge of basic fitness concepts to health and fitness.				
		Apply knowledge of basic fitness concepts to health and fitness.				
		Perform with increasing proficiency the skills and footwork of the game of tennis.				
		Perform with increasing proficiency the skills and footwork of the game of tennis.				
	P E 21AX	Apply knowledge of basic fitness concepts to health and fitness.				
		Apply knowledge of basic fitness concepts to health and fitness.				
		Perform with increasing proficiency the skills and footwork of the game of tennis.				
		Perform with increasing proficiency the skills and footwork of the game of tennis.				
	P E 21B	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform with increasing proficiency the skills and footwork of the game of tennis.				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		Perform with increasing proficiency the skills and footwork of the game of tennis.				
	PE 21BX	Apply knowledge of basic fitness concepts to health and fitness.				
		Apply knowledge of basic fitness concepts to health and fitness.				
		Perform with increasing proficiency the skills and footwork of the game of tennis.				
		Perform with increasing proficiency the skills and footwork of the game of tennis.				
	PE 21C	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Implement with increasing proficiency the skills and footwork of the game of tennis.				
		Implement with increasing proficiency the skills and footwork of the game of tennis.				
	PE 21CX	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Implement with increasing proficiency the skills and footwork of the game of tennis.				
		Implement with increasing proficiency the skills and footwork of the game of tennis.				
	PE 21D	Apply knowledge of basic fitness concepts as they apply to health and wellness.				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Implement with increasing proficiency the skills and footwork of the game of tennis.				
		Implement with increasing proficiency the skills and footwork of the game of tennis.				
	PE 21DX	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Implement with increasing proficiency the skills and footwork of the game of tennis.				
		Implement with increasing proficiency the skills and footwork of the game of tennis.				
	PE 21E	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Implement with increasing proficiency the skills and footwork of the game of tennis in various game situations.				
		Implement with increasing proficiency the skills and footwork of the game of tennis in various game situations.				
	PE 26A	Apply knowledge of basic fitness concepts to health and fitness.				
		Apply knowledge of basic fitness concepts to health and fitness.				
		Perform with increasing				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		proficiency forward propulsive movements in prone and supine positions.				
		Perform with increasing proficiency forward propulsive movements in prone and supine positions.				
	PE 26AX	Apply knowledge of basic fitness concepts to health and fitness.				
		Apply knowledge of basic fitness concepts to health and fitness.				
		Perform with increasing proficiency forward propulsive movements in prone and supine positions.				
		Perform with increasing proficiency forward propulsive movements in prone and supine positions.				
	PE 26B	Apply knowledge of basic fitness concepts to health and fitness.				
		Apply knowledge of basic fitness concepts to health and fitness.				
		Perform with increasing proficiency forward propulsive movements in prone, side and supine positions.				
		Perform with increasing proficiency forward propulsive movements in prone, side and supine positions.				
	PE 26BX	Apply knowledge of basic fitness concepts to health and fitness				
		Apply knowledge of basic fitness concepts to health and fitness				
		Perform with increasing proficiency forward propulsive				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		movements in prone, side and supine positions.				
		Perform with increasing proficiency forward propulsive movements in prone, side and supine positions.				
	P E 26C	Apply knowledge of basic fitness concepts to health and fitness.				
		Apply knowledge of basic fitness concepts to health and fitness.				
		Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.				
		Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.				
	P E 26CX	Apply knowledge of basic fitness concepts to health and fitness.				
		Apply knowledge of basic fitness concepts to health and fitness.				
		Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.				
		Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.				
	P E	Apply knowledge of basic				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
	26D	fitness concepts to health and fitness.				
		Apply knowledge of basic fitness concepts to health and fitness.				
		Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.				
		Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.				
	P E 26DX	Apply knowledge of basic fitness concepts to health and fitness.				
		Apply knowledge of basic fitness concepts to health and fitness.				
		Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.				
		Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.				
	P E 28A	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Demonstrate skills that relate to saving lives of victims in				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		various emergency situations in and around the water.				
		Demonstrate skills that relate to saving lives of victims in various emergency situations in and around the water.	1) Red Cross multiple-choice exams 2) CPR/AED skills, active and submerged victim rescues	21 passed the written exam for CPR and earned the certification (not all students took this exam). 17 passed the other two written exams for lifeguard certification (not all students took these exams). All members of the class passed the Red Cross skills tests for CPR/AED as well the active and submerged victim rescues. 3 did not have enough strength and or speed to do the victim rescues to the standards of the Red Cross to be able to certify. 2 failed two tries at the submerged victim rescue final skills test and did not certify, but did eventually pass this skills test. One student did not earn any certifications due to excessive absences. An end of the quarter class survey of students: I know when to use the skills in this course: 24 students strongly agree, 0 students agree, 0 students disagree, 0 students not sure. I have confidence I can use these skills correctly: 18 students strongly agree, 6 students agree, 0 students disagree, 0 students not sure.	This quarter we had new Red Cross standards for testing to work with, the most difficult of which involved work in deep water, but the De Anza diving well needed repairs and was not available for much of the quarter. We were still able to try the skills tests multiple times before the official Red Cross skills exam, yet 2 failed two tries at the submerged victim rescue final skills test and did not certify. The volunteer Red Cross instructors working with me and I agree that the pressure of the time limit on the test was what caused them to fail, as their skills had been good before the final testing.	In the future we will try to have more practice tests in the hope that all students will be able to not only pass the skills tests in practice, but also in the final exam format. We will also tell students which parts of the tests were failed when people were a little less careful with their skills as they were under time pressure and only had two tries at the final exam..
		Demonstrate skills that relate to saving lives of victims in various emergency situations in and around the water.	1) Red Cross multiple-choice exams 2) CPR/AED skills, active and submerged victim rescues	29 passed the written exam for CPR and earned the certification; three failed the maximum two tries at the exam (not all students took this exam). 23 passed the other two	Reflection and analysis was a collaborative effort of the instructor, teaching assistants, and students in the class. Students who attend extra practice sessions with teaching assistants and the	Continue to encourage successful students to come back as teaching assistants/tutors and role models.

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		Demonstrate skills that relate to saving lives of victims in various emergency situations in and around the water.	1) Red Cross multiple-choice exams 2) CPR/AED skills, active and submerged victim rescues	<p>written exams for lifeguard certification (not all students took these exams).</p> <p>All members of the class passed the Red Cross skills tests for CPR/AED as well as the active and submerged victim rescues.</p> <p>An end of the quarter class survey of students (not all students replied):</p> <p>I know when to use the skills in this course: 25 students strongly agree, 9 students agree, 1 student disagrees, 0 students not sure</p> <p>I have confidence I can use these skills correctly: 22 students strongly agree, 12 students agree, 1 student disagrees, 0 students not sure</p>	<p>instructor succeed at a high rate.</p> <p>Regular surveys of graduates and the people who hire them helps the instructor emphasize those skills that are most needed in professional lifeguarding.</p>	Continue to encourage successful students to come back as teaching assistants/tutors and role models.
	P E 28G	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Demonstrate skills related to teaching students to swim.				
		Demonstrate skills related to teaching students to swim.	1) Red Cross multiple choice exam for certification	<p>10 of 10 students who took the Red Cross exam passed it and earned their certification (not all students took the exam).</p> <p>An end of the quarter survey of students (not all students replied): As a result of this training I feel prepared to teach swimming and water</p>	<p>Reflection and analysis was a collaborative effort of the instructor, teaching assistants, students in the class and two Red Cross Instructor Trainer candidates I was mentoring.</p> <p>Students who completed all the written projects and had</p>	

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		Demonstrate skills related to teaching students to swim.	1) Red Cross multiple choice exam for certification	safety: 13 students strongly agree, 2 students agree, 0 students disagree, 0 students not sure. I have confidence I can plan and prepare a safe and successful learning environment: 13 students strongly agree, 2 students agree, 0 students disagree, 0 students not sure. I have confidence I can intervene effectively to promote swim student learning and success: 13 students strongly agree, 2 students agree, 0 students disagree, 0 students not sure. I have confidence I can create strategies to meet the learning needs of individual participants: 12 students strongly agree, 3 students agree, 0 students disagree, 0 students not sure. As a result of this training I feel prepared to teach swimming and water safety: 13 students strongly agree, 2 students agree, 0 students disagree, 0 students not sure.	extra opportunities to do practice teaching succeed at a high rate.	
	P E 2A	Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Demonstrate fundamental karate techniques at a beginning level.				
		Demonstrate fundamental karate techniques at a beginning level.				
	P E 2AX	Apply knowledge of basic fitness concepts as they apply to health and fitness.				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Demonstrate fundamental karate techniques at a beginning level.				
		Demonstrate fundamental karate techniques at a beginning level.				
	P E 2B	Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Demonstrate fundamental karate techniques at an intermediate level.				
		Demonstrate fundamental karate techniques at an intermediate level.				
	P E 2BX	Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Demonstrate fundamental karate techniques at an intermediate level.				
		Demonstrate fundamental karate techniques at an intermediate level.				
	P E 2K	Demonstrate the ability to perform smooth movement with an aligned posture while blending with an attacker.				
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Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
	P E 2K	Demonstrate the ability to perform smooth movement with an aligned posture while blending with an attacker.				
		Demonstrate the ability to perform smooth movement with an aligned posture while blending with an attacker. edit copy delete [Close] Demonstrate the ability to perform smooth movement with an aligned posture while blending with an attacker.				
		Demonstrate the ability to perform smooth movement with an aligned posture while blending with an attacker.				
		Demonstrate the ability to perform smooth movement with an aligned posture while blending with an attacker.				
	P E 2KX	Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Demonstrate the ability to perform smooth movement with an aligned posture while blending with an attacker.				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		Demonstrate the ability to perform smooth movement with an aligned posture while blending with an attacker.				
	P E 2L	Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Demonstrate the ability to perform smooth movement with an aligned posture while blending with an attacker.				
		Demonstrate the ability to perform smooth movement with an aligned posture while blending with an attacker.				
	P E 2LX	Demonstrate the ability to perform smooth movement with an aligned posture while blending with an attacker.				
		Demonstrate the ability to perform smooth movement with an aligned posture while blending with an attacker.				
		Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Apply knowledge of basic fitness concepts as they apply to health and fitness.				
	P E 2P	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Assimilate proper breathing techniques to induce relaxation in life.				
		Assimilate proper breathing techniques to induce relaxation				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		in life.				
		Develop an increasing awareness of the link between the mind - body connection.				
		Develop an increasing awareness of the link between the mind - body connection.				
	PE 2PX	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Assimilate proper breathing techniques to induce relaxation in life.				
		Assimilate proper breathing techniques to induce relaxation in life.				
		Develop an increasing awareness of the link between the mind - body connection.				
		Develop an increasing awareness of the link between the mind - body connection.				
	PE 2Q	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Assimilate proper breathing techniques to induce physical relaxation.				
		Assimilate proper breathing techniques to induce physical relaxation.				
	PE 2QX	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		to health and wellness.				
		Assimilate proper breathing techniques to induce physical relaxation.				
		Assimilate proper breathing techniques to induce physical relaxation.				
	P E 2R	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Assimilate proper breathing techniques to induce physical relaxation while performing Tai Chi.				
		Assimilate proper breathing techniques to induce physical relaxation while performing Tai Chi.				
	P E 2RX	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Assimilate proper breathing techniques to induce physical relaxation while performing Tai Chi.				
		Assimilate proper breathing techniques to induce physical relaxation while performing Tai Chi.				
	P E 2S	xxxx				
		xxxx				
	P E 2Y	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply	The exam is based on the the first 6 chapters of the course	There were 30 questions on the exam. The class average	Some of the students with english as a second language	I may opt to use partners for the open book exam. Other

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		to health and wellness.	text. The basic concepts covered are cardiovascular and muscular fitness, body composition, general health and wellness, and disease prevention through lifestyle changes. The exam has both multiple choice and true/false questions.	was 25/30, an 83%. 3 students failed the exam out of 43. 93% of my students passed the exam. The exam is open book.	struggled on the exam and did not pass. Other students did not take the time to use the book to take the exam.	than that, the success target was met.
		Assimilate proper breathing techniques to induce relaxation in life.				
		Assimilate proper breathing techniques to induce relaxation in life.	Skills assessment test, utilizing breathing techniques learned and practiced during the quarter. The skills include one Sun Salutation and Warrior I, II, and III.	43 students took part in the skills test and 40 students completed the breathing techniques correctly. This is a 93% success rate.	The skills test is an effective means of teaching students how to utilize proper breathing techniques during the practice of yoga. However, it was not an effective tool for assessing how these breathing techniques induced relaxation in life.	I will continue with the skills test because in order to assimilate proper breathing techniques, each student needs individual feedback on his/her performance. I do need to include a reflective assignment for the students to determine if the breathing techniques are inducing relaxation in life.
		Develop an increasing awareness of the link between the mind- body connection.				
		Develop an increasing awareness of the link between the mind- body connection.	A 20 questions exam. Multiple choice, true/false, and short answer questions.	43/43 students passed the exam. Only one question was repeatedly missed by over half of the students.	The exam was successful at increasing student awareness of the link between the mind and body with the practice of yoga. The exams questions were applicable to help students learn about the mind-body connection.	I will change the one question that seemed to be worded in a way that was confusing to students.
P E 2YX		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Assimilate proper breathing techniques to induce relaxation in life.				
		Assimilate proper breathing				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		techniques to induce reLAXation in life.				
		Develop an increasing awareness of the link between the mind- body connection.				
		Develop an increasing awareness of the link between the mind- body connection.				
	PE 3	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.	Given a 25 point quiz on the health and wellness from the book fit and well.	25 out of 30 completed the assignment. 23 out 30 received and perfect score. 76 percent successful	I will keep my assessments the same. Maybe add more questions	I plan to add more question to my test. Do not need any equipment for this test.
		Perform with an increasing degree of proficiency the cardiovascular aspect of indoor cycling.				
		Perform with an increasing degree of proficiency the cardiovascular aspect of indoor cycling.	Had all the student write a paper and make a workout and explain the purpose of their workout along with the intensity of the workout.	I had 25 out of 30 student who completed the assignment. 83% of my class was successful	I am going to continue this assignment. They really understand the terminology and how to create a workout which helps them work harder in class.	Keep everything the same relative to the assessment, but request a new brand of cycling bike. (MADD DOG)
	PE 30	Analyze current issues and trends in Physical Education/Kinesiology. Introduce, through lecture material, basic concepts and issues relating to an understanding of the professional discipline.				
		Analyze current issues and trends in Physical Education/Kinesiology. Introduce, through lecture material, basic concepts and issues relating to an understanding of the professional discipline.				
		Apply basic understanding and knowledge to the study of				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		motion and movement of the human body when exercising or participating in a physical activity or program, i.e. sports, athletics, fitness, wellness.				
		Apply basic understanding and knowledge to the study of motion and movement of the human body when exercising or participating in a physical activity or program, i.e. sports, athletics, fitness, wellness.				
		Apply, compare, and contrast the specific beneficial or disadvantageous aspects relating to career options and choices in Physical Education/Kinesiology.				
		Apply, compare, and contrast the specific beneficial or disadvantageous aspects relating to career options and choices in Physical Education/Kinesiology.				
	P E 32B	Apply knowledge of basic fitness concepts as they apply to health an wellness.				
		Apply knowledge of basic fitness concepts as they apply to health an wellness.				
		Perform defensive techniques, strategies, mental and physical skills of badminton with an increasing degree of proficiency.				
		Perform defensive techniques, strategies, mental and physical skills of badminton with an increasing degree of proficiency.				
	P E 32F	Apply knowledge of basic fitness concepts as they apply to health an wellness.				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		Apply knowledge of basic fitness concepts as they apply to health an wellness.				
		Perform defensive Techniques, strategies, mental and physical skills of baseball with an increasing degree of proficiency.				
		Perform defensive Techniques, strategies, mental and physical skills of baseball with an increasing degree of proficiency.				
P E 32G		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform defensive techniques, strategies, mental and physical skills of baseball with an increasing degree of proficiency.				
		Perform defensive techniques, strategies, mental and physical skills of baseball with an increasing degree of proficiency.				
P E 32H		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the offensive strategies technical and mental physical skills of football with an increasing degree of proficiency.				
		Perform the offensive strategies technical and mental physical skills of				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		football with an increasing degree of proficiency.				
	P E 32I	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform the defensive strategies, techniques and mental physical skills of football with an increasing degree of proficiency.				
		Perform the defensive strategies, techniques and mental physical skills of football with an increasing degree of proficiency.				
	P E 32J	Apply knowledge of basic fitness concepts as they apply to health an wellness.				
		Apply knowledge of basic fitness concepts as they apply to health an wellness.	A multiple choice exam was given on the first 6 chapters of the Fit and Well text book. The exam asks questions about basic fitness concepts such as cardiovascular exercise and strength training and body composition and basic nutrition.	88% of the students (28 students out of 32) received a grade of C or better. Only 4 students did not receive a passing grade.	The exam was successful in getting the students to better understand basic fitness and wellness concepts.	The exam is a useful tool for getting the students to better understand the basic fitness concepts and how they apply to their own overall health and wellness.
		Perform defensive techniques, strategies, mental and physical skills of water polo with an increasing degree of proficiency.				
		Perform defensive techniques, strategies, mental and physical skills of water polo with an increasing degree of proficiency.	Perform individual defensive drills 10 times at both the beginning and end of the quarter. Drills include a press, drive defense, and shot blocking for field players and in-goal blocks for the goalie position.	The pre-skills test showed a 48% proficiency level for press defense, a 40% proficiency level for drive defense, and a 34% proficiency level for shot blocking, and a 67% proficiency level for the goalie position. The post-skills test showed an	The drills are a good way to assess improved proficiency level for each student with defensive skills.	I may add a few more skills specific to the team aspect of water polo including 5 on 6 defense and front court defense.

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		Perform defensive techniques, strategies, mental and physical skills of water polo with an increasing degree of proficiency.	Perform individual defensive drills 10 times at both the beginning and end of the quarter. Drills include a press, drive defense, and shot blocking for field players and in-goal blocks for the goalie position.	88% proficiency for press, a 91% for drive defense, an 85% for shot blocking, and a 95% for the goalie position.	The drills are a good way to assess improved proficiency level for each student with defensive skills.	I may add a few more skills specific to the team aspect of water polo including 5 on 6 defense and front court defense.
		Perform offensive techniques, strategies, mental and physical skills of water polo with an increased degree of proficiency.				
		Perform offensive techniques, strategies, mental and physical skills of water polo with an increased degree of proficiency.	Perform offensive drills 10 time correctly at both the start and end of the quarter. Skills include dry passes, wet passing, outside shots, wet shots, and shots of a drive. 6 on 5 offensive strategies will be performed with and without defense, 10 team plays performed correctly throughout the quarter.	The pre-skills test showed a 56% proficiency level for press defense, a 40% proficiency level for drive defense, and a 47% proficiency level for shot blocking. The post-skills test showed an 89% proficiency for passing, a 93% for shooting, an 85% for shot off a drive.	The skills set is appropriate to accurately assess the target skills set for the performance of offensive strategies and techniques.	No changes are necessary.
	P E 32K	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.	A multiple choice exam was given on the first 6 chapters of the Fit and Well text book. The exam asks questions about basic fitness concepts such as cardiovascular exercise and strength training and basic nutrition.	97% of students were successful.	I liked the way the exam was formulated.	Intend to review the questions for currency and relevancy since we have a new text.
		Perform the techniques and strategies, mental and physical skills of women's and men's basketball with an increasing degree of proficiency.				
		Perform the techniques and strategies, mental and physical skills of women's and	A skills test was given to each student to perform: proficient passing, accurate shooting at	97% of my student-athletes scored above average on the given skill tests.	I will strive to learn innovative and creative ways to teach so I may reach 100% of my	A Shooting Machine that we are receiving in the near future will greatly enhance their

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		men's basketball with an increasing degree of proficiency.	the basket and ball handling.	97% of my student-athletes scored above average on the given skill tests.	student-athletes to score above average. I am going to focus on team building activities to promote better comradry amongst the players.	shooting %.
		Perform the techniques and strategies, mental and physical skills of women's and men's basketball with an increasing degree of proficiency.	A skills test was given to each student to perform: proficient passing, accurate shooting at the basket and ball handling.	97% of my student-athletes scored above average on the given skill tests.	I will strive to learn innovative and creative ways to teach so I may reach 100% of my student-athletes to score above average. I am going to focus on team building activities to promote better comradry amongst the players.	Continue to attend conferences and seek alternate conferences that will focus on team building activities. Investigate public Speaking/community service opportunities.
		Perform the techniques and strategies, mental and physical skills of women's and men's basketball with an increasing degree of proficiency.	A skills test was given to each student to perform: proficient passing, accurate shooting at the basket and ball handling.	97% of my student-athletes scored above average on the given skill tests.	I will strive to learn innovative and creative ways to teach so I may reach 100% of my student-athletes to score above average. I am going to focus on team building activities to promote better comradry amongst the players.	I will continue to develop new and innovative ways of instructing so that 100% of my student-athletes will perform above average.
		Perform the techniques and strategies, mental and physical skills of women's and men's basketball with an increasing degree of proficiency.	A skills test was given to each student to perform: proficient passing, accurate shooting at the basket and ball handling.	97% of the student-athletes scored above average on the given skill tests	I will strive to improve my teaching and attempt to discover unique ways to instruct so that I may reach 100% percent of my student-athletes to score above average.	Seeking funding for shooting/passing machine. (note: will fit in closets in PE 21)
P E 32L		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.	A multiple choice exam was given on the first 6 chapters of the Fit and Well text book. The exam asks questions about basic fitness concepts such as cardiovascular exercise and strength training and body composition and basic nutrition.	88% of my student-athletes scored a "C" or better on the test.	I will continue to improve upon my teaching and delivery so that 90-100% of my student-athletes can score a "C" or better.	I will continue to improve upon my teaching and delivery so that 90-100% of my student-athletes can score a "C" or better.

Perform the techniques,

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		strategies, mental and physical skills of volleyball with an increasing degree of proficiency.				
		Perform the techniques, strategies, mental and physical skills of volleyball with an increasing degree of proficiency.	A skills test was given to each student to perform: passing to target 10 times, setting to target 10 times, and serving to target 10 times.	98% of my student-athletes scored above average on all three skills tests.	I will continue to improve upon my teaching and delivery so that I can try to get all of my student-athletes 100% above average.	I will continue to improve upon my teaching and delivery so that we can get all of my students scoring above average.
		Perform the techniques, strategies, mental and physical skills of volleyball with an increasing degree of proficiency.	The student-athletes perform different aspects of offensive and defensive drills. (serving, setting, passing, attacking, blocking) 10 attempts for each skill.	95% of my student-athletes succeeded in all skill drills.	I will continue to improve upon my teaching and knowledge.	It would be very beneficial to have video equipment so that both the student-athletes and I could assess the skills and improve.
	PE 32M	Apply knowledge of basic fitness concepts as they apply to health an wellness.				
		Apply knowledge of basic fitness concepts as they apply to health an wellness.				
		Perform defensive techniques, strategies, mental and physical skills of soccer with an increasing degree of proficiency.				
		Perform defensive techniques, strategies, mental and physical skills of soccer with an increasing degree of proficiency.				
	PE 32N	Apply knowledge of basic fitness concepts as they apply to health an wellness.				
		Apply knowledge of basic fitness concepts as they apply to health an wellness.				
		Perform defensive techniques, strategies, mental and physical skills of track and field with an increasing degree of proficiency.				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		Perform defensive techniques, strategies, mental and physical skills of track and field with an increasing degree of proficiency.				
	P E 32P	Apply knowledge of basic fitness concepts as they apply to health an wellness.				
		Apply knowledge of basic fitness concepts as they apply to health an wellness.				
		Perform defensive techniques, strategies, mental and physical skills of swimming and diving with an increasing degree of proficiency.				
		Perform defensive techniques, strategies, mental and physical skills of swimming and diving with an increasing degree of proficiency.				
	P E 32S	Apply knowledge of basic fitness concepts as they apply to health an wellness.				
		Apply knowledge of basic fitness concepts as they apply to health an wellness.				
		Perform defensive techniques, strategies, mental and physical skills of soccer with an increasing degree of proficiency.				
		Perform defensive techniques, strategies, mental and physical skills of soccer with an increasing degree of proficiency.				
	P E 32T	Apply knowledge of basic fitness concepts as they apply to health an wellness.				
		Apply knowledge of basic fitness concepts as they apply to health an wellness.				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		Perform defensive techniques, strategies, mental and physical skills of tennis with an increasing degree of proficiency.				
		Perform defensive techniques, strategies, mental and physical skills of tennis with an increasing degree of proficiency.				
	PE 32W	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.	Offensive and Defensive skills. Pretest in beginning of quarter post test during the final. Hitting and fielding test	Incorporated a diet and a workout plan for the student-athletes after the pretest and during the post test had a 90 percent success level.	Apply a test to know if the student-athletes understand the the material and purpose of the diet/workout/ plan.	Have a new book that applies to athletics and sport conditioning.
		Perform the techniques, strategies, mental and physical skills of softball with an increasing degree of proficiency.				
		Perform the techniques, strategies, mental and physical skills of softball with an increasing degree of proficiency.	Offensive and Defensive skills test	My student-athletes actually improved more on the mental part of the test rather than the physical part.	Add more conditioning to the assessments to increase the physical part of the activity	I need more conditioning equipment (Medicine balls, box jumps, resistance bands and TRX trainers) along with softball equipment (bats, balls, buckets, gloves, fundamental gloves) to help my athletes to achieve better success.
	PE 33A	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform with increased proficiency the skills, footwork, and strategies of the sport of soccer.				
		Perform with increased proficiency the skills, footwork,				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		and strategies of the sport of soccer.				
	PE 33AX	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform with increased proficiency the skills, footwork, and strategies of the sport of soccer.				
		Perform with increased proficiency the skills, footwork, and strategies of the sport of soccer.				
	PE 33I	Apply knowledge of basic fitness concepts to health and wellness.				
		Apply knowledge of basic fitness concepts to health and wellness.				
		Perform with increased proficiency the skills, footwork, and strategies of the sport of indoor soccer.				
		Perform with increased proficiency the skills, footwork, and strategies of the sport of indoor soccer.				
	PE 33IX	Apply knowledge of basic fitness concepts to health and wellness.				
		Apply knowledge of basic fitness concepts to health and wellness.				
		Perform with increased proficiency the skills, footwork, and strategies of the sport of indoor soccer.				
		Perform with increased proficiency the skills, footwork, and strategies of the sport of				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		indoor soccer.				
	P E 35	Develop a understanding of the appropriate methods to determine severity of injuries.				
		Develop a understanding of the appropriate methods to determine severity of injuries.				
		Develop an understanding of the mechanical forces generated with athletic injuries.				
		Develop an understanding of the mechanical forces generated with athletic injuries.				
	P E 3AX	Analyze and apply all bicycle theory from gearing to fitment.				
		Analyze and apply all bicycle theory from gearing to fitment.				
		Apply outdoor cycling to fitness, safety, efficiency and transportation.				
		Apply outdoor cycling to fitness, safety, efficiency and transportation.				
	P E 3AY	Analyze and apply all bicycle theory from gearing to fitment.				
		Analyze and apply all bicycle theory from gearing to fitment.				
		Apply outdoor cycling to fitness, safety, efficiency and transportation.				
		Apply outdoor cycling to fitness, safety, efficiency and transportation.				
	P E 3G	Ability to demonstrate front and rear releases for a variety of grasps and holds.				
		Ability to demonstrate front and rear releases for a variety of grasps and holds.				
		Demonstrate knowledge of				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		gender differences and fitness concepts when applying self defense techniques and preventive measures for various situations.				
		Demonstrate knowledge of gender differences and fitness concepts when applying self defense techniques and preventive measures for various situations.				
	P E 3GX	Ability to demonstrate front and rear releases for a variety of grasps and holds.				
		Ability to demonstrate front and rear releases for a variety of grasps and holds.				
		Demonstrate knowledge of gender differences and fitness concepts when applying self defense techniques and preventive measures for various situations.				
		Demonstrate knowledge of gender differences and fitness concepts when applying self defense techniques and preventive measures for various situations.				
	P E 4	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform safe and appropriate use of resistance. Training machines and free weights.				
		Perform safe and appropriate use of resistance. Training machines and free weights.	I had all my student student record where they started with weight on the machines. Such as the leg press, bench press and other the machines they			

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		Perform safe and appropriate use of resistance. Training machines and free weights.		were interested in working with throughout the quarter.		
	P E 4X	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform safe and appropriate use of resistance. Training machines and free weights.				
		Perform safe and appropriate use of resistance. Training machines and free weights.				
	P E 4XX	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Perform safe and appropriate use of resistance training machines and free weights.				
		Perform safe and appropriate use of resistance training machines and free weights.				
	P E 5AX	Analyze and apply all swim and indoor cycling theory and technique.				
		Analyze and apply all swim and indoor cycling theory and technique.				
		Apply indoor cycling and swimming as a fitness training program.				
		Apply indoor cycling and swimming as a fitness training program.				
	P E 5AY	Analyze and apply all swim and indoor cycling theory and technique.				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		Analyze and apply all swim and indoor cycling theory and technique.				
		Apply indoor cycling and swimming as a fitness training program.				
		Apply indoor cycling and swimming as a fitness training program.				
	P E 6B	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Increased cardiorespiratory fitness, muscular strength, muscular endurance, flexibility and improved body composition.				
		Increased cardiorespiratory fitness, muscular strength, muscular endurance, flexibility and improved body composition.				
	P E 6BX	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Increased cardiorespiratory fitness, muscular strength, muscular endurance, flexibility and improved body composition.				
		Increased cardiorespiratory fitness, muscular strength, muscular endurance, flexibility and improved body composition.				
	P E 6D	Apply knowledge of basic fitness concepts as they apply				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
	P E 6D	to health and fitness. Apply knowledge of basic fitness concepts as they apply to health and fitness.	During the course of the quarter my class reviews our book fit and well and concepts of over all wellness. I give a 8 question essay form exam at the end of the quarter going over fitness concepts in the book.	90% of my student were above the proficient levels	I will continue to enhance my teaching and keep my students engaged.	
		Design and implement strength training program applying resistance principles to produce desired training effects.				
		Design and implement strength training program applying resistance principles to produce desired training effects.	I have my student go through a series of strength and conditioning exercises.	My students set goals after the first series of tests. I also had them write a journal about the workouts and the difference in their bodies (fitness) throughoutthe quarter.	Feel the test and journals are helping my students set goals and see change in themselves over the quarter.	Updating our equipment
	P E 6DX	Apply knowledge of basic fitness concepts as they apply to health and fitness. Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Design and implement strength training program applying resistance principles to produce desired training effects.				
		Design and implement strength training program applying resistance principles to produce desired training effects.				
	P E 6F	Apply knowledge of basic fitness concepts as they apply to health and fitness. Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Apply knowledge of basic	Students were given a multiple			

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		fitness concepts as they apply to health and fitness.	choice, and true false exam to complete.			
		Demonstrate improvement in cardiorespiratory endurance and strength.				
		Demonstrate improvement in cardiorespiratory endurance and strength.	Students were timed for how many widths of the pool they could complete in a 12 minute period. The students were assess at the beginning of the quarter to see where they were at and at the end of the quarter to compare results.			
		Demonstrate proper deep water running techniques.				
		Demonstrate proper deep water running techniques.	Student demonstrated proper deep water running technique during the 12 minute test.			
	P E 6FX	Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Demonstrate improvement in cardiorespiratory endurance and strength.				
		Demonstrate improvement in cardiorespiratory endurance and strength.				
		Demonstrate proper deep water running techniques.				
		Demonstrate proper deep water running techniques.				
	P E 6G	Apply knowledge of basic fitness concepts to health and fitness.				
		Apply knowledge of basic fitness concepts to health and fitness.				
		Demonstrate improvement in cardiorespiratory endurance.				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		Demonstrate improvement in cardiorespiratory endurance.				
	P E 6GX	Apply knowledge of basic fitness concepts to health and fitness.				
		Apply knowledge of basic fitness concepts to health and fitness.				
		Demonstrate improvement in cardiorespiratory endurance.				
		Demonstrate improvement in cardiorespiratory endurance.				
	P E 6H	Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Demonstrate improvement in cardiorespiratory endurance.				
		Demonstrate improvement in cardiorespiratory endurance.				
	P E 6K	Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Apply knowledge of basic fitness concepts as they apply to health and fitness.				
		Demonstrate improvement in cardiorespiratory, strength and flexibility.				
		Demonstrate improvement in cardiorespiratory, strength and flexibility.				
		Demonstrate proper technique when performing a jab, a cross, upper cut, hook, front kick and roundhouse kicks.				
		Demonstrate proper technique when performing a jab, a cross, upper cut, hook, front kick and roundhouse kicks.				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
	P E 6Q	Apply knowledge of basic fitness concepts to health and fitness.				
		Apply knowledge of basic fitness concepts to health and fitness.				
		Demonstrate improvement in cardiorespiratory, strength and flexibility.				
		Demonstrate improvement in cardiorespiratory, strength and flexibility.				
	P E 6R	Apply knowledge of basic fitness concepts to health and fitness.				
		Apply knowledge of basic fitness concepts to health and fitness.				
		Demonstrate improvement in cardiorespiratory, strength and flexibility.				
		Demonstrate improvement in cardiorespiratory, strength and flexibility.				
	P E 6S	Apply knowledge of basic fitness concepts to health and fitness.				
		Apply knowledge of basic fitness concepts to health and fitness.	A multiple choice exam based on the first 6 chapters of the Fit and Well text book is given during the quarter that examines basic fitness concepts such as cardiovascular exercise, body composition, and basic nutrition.	89% of the students received a C or better (24/27 students).	The exam was a good tool for learning about the basic fitness concepts. The 3 students who did not pass, chose not to use the book for information when taking the exam. I will strive to bring more of these concepts at the beginning or end of each class.	I will continue to strive to improve upon the discussion of these concepts in class. The exam is an effective tool for better understanding of fitness concepts and how they apply to overall health and wellness.
		Apply knowledge of basic fitness concepts to health and fitness.	A true and false exam was administered to the students which covered the first 6 chapters of the Fit and Well text book.	85% of my students received a grade of 80% or higher.	I will continue to improve upon my teaching and knowledge.	It would be helpful to have a variety of textbooks that relate to the material that we cover in class.
		Apply knowledge of basic fitness concepts to health and fitness.	A true and false exam was administered to the students which covered the first 6 chapters of the Fit and Well text book.	86% of my students scored an A or better (24/27 students).	I will continue to improve upon my teaching and knowledge.	It would be helpful to have a variety of textbooks that relate to the material that we cover in class.

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		fitness concepts to health and fitness.	administered to the students which covered the first 6 chapters of the Fit and Well text book.	80% or higher on the exam.	my teaching and knowledge so that I can increase the number of students who are proficient in the exam.	
		Implement proper techniques and choreography related to step aerobics.				
		Implement proper techniques and choreography related to step aerobics.	A skills test was performed to evaluate proper techniques. I gave verbal instructions and students were expected to demonstrate two specific skills, u-turn and over the top.	85% of my students were successful on both skill assessments.	I will continue to improve upon my verbal cues and knowledge so that I can increase the number of students who are proficient in the skills test.	I will continue to improve upon my verbal cues and knowledge so that I can increase the number of students who are proficient in the skills test.
		Implement proper techniques and choreography related to step aerobics.	A skills test was performed to evaluate proper techniques. I gave verbal instructions and students were expected to demonstrate two specific skills, u-turn and over the top.	90% of my students were successful with both skills.	I will continue to enhance and improve upon my teaching and knowledge.	It would be nice to have a larger gym space so that the students can spread out further. This will allow more movement and overall better fitness levels.
		Implement proper techniques and choreography related to step aerobics.	Two skills demonstration were given to evaluate proper technique. A variety of different steps were used for demonstration including the basic right, basic left, and V Step in the first demonstration and the "around-the-world" combination in the second demonstration.	87% of students received a passing grade on the first demonstration (24/27). Two of the students who did not pass the demonstration were absent, and 1 had been absent frequently. The second demonstration showed a 96% passing rate. Only one student did not pass.	I will continue to work on my verbal cues to aid the students with the combination of movements. I also strive to improve the variety of steps that are demonstrated in class.	The skills demonstrations are effective means of encouraging students to learn and improve upon skills and step choreography.
	P E 6U	Apply knowledge of basic fitness concepts as they apply to health wellness.				
		Apply knowledge of basic fitness concepts as they apply to health wellness.	I give my class a twenty question test that is on the human anatomy, and nutrition.	All of my student were above the proficient level of success.	My students had a better awareness and understanding of the human body as it pertains to functional movements, strength development, balance, agility and coordination.	
		Demonstrates an an incresing control of skills pertaining to: cardiovascular, strength, flexibility, agility and balance.				
		Demonstrates an an incresing	At the beginning of every	My students set goals after the	I found that this test helped to	To improve this class, we need

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		control of skills pertaining to: cardiovascular, strength, flexibility, agility and balance.	quarter I have my class do a mile run, sit-ups, push-ups and squat (1 minute with each exercise).	first series of tests. I also had them write a journal about the workouts and the difference in their bodies (fitness) throughout the quarter.	motivate the students to work harder throughout the quarter. This class involves dynamic movement and motor skills necessary for functional movements.	mats, resistance bands, medicine balls, bosu, stability balls and gliding.
	P E 6V	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.	During the course of the quarter my class reviews our book fit and well and concepts of over all wellness. I give a 8 question essay form exam at the end of the quarter going over fitness concepts in the book.	90% of the students were successful on the final exam.	I will continue to to enhance my knowledge and teaching.	
		Perform with an increasing degree of proficiency balance, trunk strength, and stability as it pertains to core training.				
		Perform with an increasing degree of proficiency balance, trunk strength, and stability as it pertains to core training.	In the beginning of the quarter I have my student's perform a bunch of different exercises that increses balance, core strength, stability and over endurance.	Their was a great improvement in 85% of the students over strength and balance since the beginning of the quarter.	The class has improved throughout the quarter and I will continue my education and become creative with my teaching.	I believe that if we can implement TRX trainers to our core and body sculpting classes.
	P E 71	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Demonstrate improvement of cardiovascular strength and flexibility through total fitness.				
		Demonstrate improvement of cardiovascular strength and flexibility through total fitness.				
	P E 8	Apply knowledge of basic fitness concepts as they apply to health and wellness.				
		Apply knowledge of basic	During the course of the	95% of my students completed	I am going to continue to bring	

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		fitness concepts as they apply to health and wellness.	quarter my class reviews our book fit and well and concepts of over all wellness. I give a 8 question essay form exam at the end of the quarter going over fitness concepts in the book.	and recieved a grade of 90% and higher	creative way of learning the material in our book. I will also continue up dating my tests through the years.	
		Demonstrate improvement of cardiovascular, strength and flexibility through total fitness.				
		Demonstrate improvement of cardiovascular, strength and flexibility through total fitness.	At the beginning of the quarter I have a pre-test on a mile run. Midterm they have another mile run to see their progression in 6 weeks. For my students final I have them run their last mile of the year.	90% of my students were successful.	I noticed that my student had set goals from the beginning of the quarter as to what the expected mile time they wanted at the end of the quarter. Ninety percent of the students hit their goal or beat it.	My students would benefit from our department getting more equipment. We need more medicine balls, resistance bands, bosu balls and other equipment that could use some updating.
		Demonstrate improvement of cardiovascular, strength and flexibility through total fitness.	At the beginning of the quarter I have a pre-test on a mile run. Midterm they have another mile run to see their progression in 6 weeks. For my students final I have them run their last mile of the year.	90% of my students were successful.	I noticed that my student had set goals from the beginning of the quarter as to what the expected mile time they wanted at the end of the quarter. Ninety percent of the students hit their goal or beat it.	xxxxx
P E 85		Compare and contrast the different energy systems of the body and the effect of diet and exercise on their capacity to provide energy.				
		Compare and contrast the different energy systems of the body and the effect of diet and exercise on their capacity to provide energy.				
		Investigate the theories of exercise physiology as they relate to the body and its ability to move and perform exercise.				
		Investigate the theories of exercise physiology as they relate to the body and its				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		ability to move and perform exercise.				
	PE 85A	Apply knowledge of fitness assessment results, client goals, and fitness and training concepts in to an individualized exercise program.				
		Apply knowledge of fitness assessment results, client goals, and fitness and training concepts in to an individualized exercise program.				
	PE 85S	Assess fitness of clients using tests and guidelines developed by the American College of Sports Medicine.				
		Assess fitness of clients using tests and guidelines developed by the American College of Sports Medicine.				
		Construct a basic fitness program using the results of the fitness testing.				
		Construct a basic fitness program using the results of the fitness testing.				
	PE 88A	Evaluate career options in specific levels of amateur and professional sports and athletic coaching.				
		Evaluate career options in specific levels of amateur and professional sports and athletic coaching.				
	PE 88B	Analyze and critique the need for fundraising in education for sports and athletics programs.				
		Analyze and critique the need for fundraising in education for sports and athletics programs.				
		Customize goal setting, time				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		management, personal planning, and procedures related to fund raising.				
		Customize goal setting, time management, personal planning, and procedures related to fund raising.				
		Evaluate the types, techniques and strategies of fundraising.				
		Evaluate the types, techniques and strategies of fundraising.				
	P E 9	Apply both aerobic and anaerobic training techniques.				
		Apply both aerobic and anaerobic training techniques.	I have my students go through a series of exercises that involve anaerobic and aerobic exercises. My students run three 1 mile runs throughout the quarter to see how much they have improved their time.	I have noticed that my student have made personal goals for themselves throughout the quarter and 92% have hit their target goal. Some have improved their times by 2 minutes.	I try to be creative during the quarter with my workouts I give my students. I do my best to keep them engaged and involved and focused on their ending goals.	More equipment would help with the success of these classes
		Perform physical training and demonstrate multi-phasic planning.				
		Perform physical training and demonstrate multi-phasic planning.	I give a 8 question essay form final at the end of the quarter, that goes over the concepts and muscles we have discussed and used throughout the quarter.	95% were successful in completing and passing the final test for the quarter.	I will continue to engage and be creative with my teaching style and be creative to help our student be successful.	Our book continues to bring out new editions every year. Maybe if we had other books to more specific to classes.
	P E 99	The students will demonstrate knowledge of the CCCAA eligibility rules pertaining to full-time academic student status while competing during the Intercollegiate season.				
		The students will demonstrate knowledge of the CCCAA eligibility rules pertaining to full-time academic student status while competing during the Intercollegiate season.				
		The students will demonstrate knowledge of the CCCAA				

Unit Name	Course/Service ID	Student Learning Outcome (SLO)	Assessment Method	Assessment Data Summary	Reflection and Analysis	Enhancement/Action
		<p>eligibility rules pertaining to the second season of competition in Intercollegiate athletics.</p> <p>The students will demonstrate knowledge of the CCCAA eligibility rules pertaining to the second season of competition in Intercollegiate athletics.</p>				