



## SLO Assessment Cycle for P E 32K

*Basketball Techniques*

Assessment Initiated by: [Rachel Pacheco](#) (5605) in P E

### Outcomes:

#### Outcome 1: Statement

Perform the techniques and strategies, mental and physical skills of women's and men's basketball with an increasing degree of proficiency.

### Assessment Cycle Records:

#### Outcome 1: Reflect & Enhance Modified: [04/25/2011]

**Number of people involved in Reflection and Enhancement:** 3

**Changes:**

#### Methods:

Physical and Mental assessment and demonstration/performance of skills in men's basketball.

#### Summary:

The Men's basketball program continued to improve throughout the year. The team reached a ranking of 15th in Northern California. I was extremely pleased with their outcome and ability to perform both mentality and physically on the skills utilized in Men's basketball.

#### Enhancement (Part I):

The demonstrations used proved to be thorough and greatly helped to enhance the students learning objectives.

#### Enhancement (Part II):

At this time no further enhancements or planned actions are not needed other than replacing equipment as needed.

#### Outcome 2: Statement

Apply knowledge of basic fitness concepts as they apply to health and wellness.

#### Outcome 2: Reflect & Enhance Modified: [04/25/2011]

**Number of people involved in Reflection and Enhancement:** 3

**Changes:**

#### Methods:

Students were monitored in their strength development through the use of the weight machines and a running program as it relates to the basic concepts of fitness and health. Students were timed in the mile run, amount weights lifted were recorded and body fat% were kept.

#### Summary:

Every student increased their overall strength and speed. The students knowledge of basic fitness concepts including cardio respiratory endurance, muscular endurance and muscular strength, Flexibility and body composition was outstanding.

#### Enhancement (Part I):

At this time methods will be changed as the student population changes and basic skills are needed for understanding of the subject matter.

#### Enhancement (Part II):

At this time further enhancements or planned actions are not needed other than replenishing equipment as needed.

[ Number of Outcomes for P E 32K: 2 ]