



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]