



SLO Assessment Cycle for P E 44WX

Intercollegiate Women's Basketball SLO Modified: [05/16/2011]

Arden Kragalott's Team Members:

1. [Kulwant Singh](#) (x8745) P E

Additional Team members not on list/notes about team:

Additional Notes:

Outcomes:

Outcome 1: Statement Modified: [06/10/2010]

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

Assessment Cycle Records:

Outcome 1: Assessment Planning Modified: [04/21/2011]

Assessment Strategy Used:

Quarter: Winter 2011

Assessors: Arden Kragalott

Assessment Tools: Performances/Demonstrations

Sections being assessed: 01

Outcome 1: Reflect & Enhance Modified: [04/21/2011]

Number of people involved in Phase III: 1

Changes:

Methods:

Physical and mental assessment and demonstration/performance of skills in women's basketball.

Summary:

The women's basketball program had a record of 24 wins and 6 losses. The team was ranked 7th in Northern California. I was very pleased with their outcome and ability to perform both mentally and physically on the skills utilized in women's basketball.

Enhancement (Part I):

The demonstrations used to proved to be thorough and greatly helped to enhance the student's learning objectives.

Enhancement (Part II):

At this time, no further enhancements or planned actions are needed other than replacing equipment.

Outcome 2: Statement Modified: [06/10/2010]

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

Outcome 2: Assessment Planning Modified: [04/21/2011]

Assessment Strategy Used:

Quarter: Winter 2011

Assessors: Arden Kragalott

Assessment Tools: Performances/Demonstrations Exams

Sections being assessed: 01

Outcome 2: Reflect & Enhance Modified: [04/21/2011]

Number of people involved in Phase III: 1

Changes:

Methods:

Students were monitored in their strength development through the use of 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 of weights lifted were recorded and body fat percentages were kept track of.

Summary:

Every student increased their overall strength and speed. The student's knowledge of basic fitness concepts including cardiorespiratory endurance, muscular strength and muscular endurance, 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 44WX: 2]