

**SLO ARCHIVE**

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## Student Learning Outcomes for P E 6S

*Step Aerobics*

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### Team Members:

**Team Leader:**

Dawnis Catherine Guevara (8555) in P E

**Other members:**

1. Coleen Lee-Wheat (x8744) P E
2. Jason Damjanovic (x8743) P E

**Additional team members/notes about team:**

Jason Damjanovic, Coleen  
Lee-Wheat,

**Additional Notes:**

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### Outcomes:

**Outcome 1 Phase I: Statement**

Implement proper techniques and choreography related to step aerobics.

**Outcome 1 Phase II: Assessment Strategy Used:**

Assessment Quarter: Winter 2011

Assessors: Dawnis Catherine Guevara

Assessment Tools:

**Outcome 1 Phase III: Reflect & Enhance**

**Number of people involved in Phase III:** 1

**Changes:**

**Methods:**

I used an exam as well as demonstrations and skill-based assessments.

**Findings and Conclusions:**

Results were very positive. Students progressed well from the beginning of the quarter to

the end of the quarter, which was very evident with their aerobic routines. Students met the proficiency expectations. One thing I might do differently is have the students with the most trouble come to the front of the gym as early as possible without making them feel too uncomfortable or uneasy.

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

With these assessment results I will continue to explore different teaching methods.

**Part II:**

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**Outcome 2 Phase I: Statement**

Apply knowledge of basic fitness concepts to health and fitness.

**Outcome 2 Phase II: Assessment Strategy Used:**

Assessment Quarter: Winter 2011

Assessors: Dawnis Catherine Guevara

Assessment Tools: • •

**Outcome 2 Phase III: Reflect & Enhance**

**Number of people involved in Phase III:** 1

**Changes:**

**Methods:**

I used an exam as well as written evaluations.

**Findings and Conclusions:**

Results were very positive. 85% of the students scored a B or higher on the exam, which covered basic fitness concepts as they apply to health and fitness. Students met the proficiency expectations.

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

With these assessment results I will continue to explore different teaching methods.

**Part II:**

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