



SLO Assessment Cycle for P E 2P

Pilates Mat Exercise SLO Modified: [05/19/2011]

Marcia Maiero's Team Members:

Outcomes:

Outcome 1: Statement Modified: []

Assimilate proper breathing techniques to induce relaxation in life.

Assessment Cycle Records:

Outcome 1: Assessment Planning Modified: [01/04/2011]

Assessment Strategy Used:

Quarter: Fall 2010

Assessors: Marcia Maiero

Assessment Tools: Exams • Performances/Demonstrations • Papers/Essays

Sections being assessed: 01

Outcome 1: Reflect & Enhance Modified: [01/04/2011]

Number of people involved in Phase III: 1

Changes:

Assimilate and use proper breathing techniques during day to day life and activities using the Pilates method.

Methods:

Demonstration of proper techniques used during physical assessment and knowledge shown in written exam.

Summary:

Students had a better understanding of why it is important to use proper breathing techniques which was demonstrated through the assessment process.

Enhancement (Part I):

It is important to continue with verbal instructions, demonstrations, and immediate correction of student performance.

Enhancement (Part II):

No additional actions are and/or funds are necessary.

Outcome 2: Statement Modified: []

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

Outcome 2: Assessment Planning Modified: [05/17/2011]

Assessment Strategy Used:

Quarter: Winter 2011

Assessors:

Assessment Tools: Exams • Performances/Demonstrations

Sections being assessed: 01

Outcome 2: Reflect & Enhance Modified: [01/04/2011]

Number of people involved in Phase III: 1

Changes:

no changes have been made.

Methods:

The assessment was through written work, assessment test and final exam.

Summary:

Approximately 95% of the students improved in all areas of the physical assessment. Written essays and the written exam showed an overall performance of 90% or better which indicates and understanding of the course work and materials used in PPE2P.

Enhancement (Part I):

The method of teaching has been proven to work through the outcomes

shown during the assessment cycle through physical and written exams.

Enhancement (Part II):

No further resources will be needed. Continuous hard work and dedication to the students and materials are in place and will continue to be of importance to this course.

Outcome 3: Statement Modified: []

Develop an increasing awareness of the link between the mind - body connection.

Outcome 3: Assessment Planning Modified: [05/17/2011]

Assessment Strategy Used:

Quarter: Winter 2011

Assessors:

Assessment Tools: Performances/Demonstrations • Papers/Essays

Sections being assessed: 01

Outcome 3: Reflect & Enhance Modified: [01/04/2011]

Number of people involved in Phase III: 1

Changes:

No changes have been made.

Methods:

Demonstration through assessments at the beginning of the quarter and a follow series of assessments at the end of the quarter prove to work well in PE2P.

Summary:

A rate of 90% for all students in the course during the physical assessment cycle showed an understanding and use of the mind/body connection during Pilates exercise.

Enhancement (Part I):

The method in which this course is taught will still be used in the future. It is a slow methodical approach with a lot of lecture/demonstration, and verbal commands plus hands on work.

Enhancement (Part II):

No further funds will be needed to improve this course.

[Number of Outcomes for P E 2P: 3]