

Student Learning Outcomes for P E 2Y

Yoga

Team Members:

Team Leader:

[Dawnis Catherine Guevara](#) (8555) in P E

Other members:

1. [Coleen Lee-Wheat](#) (x8744) P E
2. [Jeff Forman](#) (x8910) P E

Additional team members/notes about team:

Coleen Lee-Wheat, Jeff Forman,

Additional Notes:

Outcomes:

Outcome 1 Phase I: Statement

Assimilate proper breathing techniques to induce relaxation in life.

Outcome 1 Phase II: Assessment Strategy Used:

Assessment Quarter: Fall 2010

Assessors: Dawnis Catherine Guevara

Assessment Tools: ••

Sections being assessed: 03

Outcome 1 Phase III: Reflect & Enhance

Number of people involved in Phase III: 2

Changes:

Methods:

I used demonstrations and skill-based assessments.

Findings and Conclusions:

Results were very positive. I believe we could spend a little more time on why breathing is such an important part of the yoga process. Students progressed well from the beginning of the quarter to the end of the quarter, which was very evident in our corpse pose. Students met the proficiency expectations.

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

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

Part II:

Outcome 2 Phase I: Statement

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

Outcome 2 Phase II: Assessment Strategy Used:

Assessment Quarter: Fall 2010

Assessors: Dawnis Catherine Guevara

Assessment Tools: ••

Sections being assessed: 03

Outcome 2 Phase III: Reflect & Enhance

Number of people involved in Phase III: 2

Changes:**Methods:**

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

Findings and Conclusions:

The overall results were very positive. The students scored an average of 95% on the exam, which demonstrated a high student proficiency of basic fitness concepts. Students also progressed very well from the beginning of the quarter to the end of the quarter, which was evident in the basic yoga poses they performed.

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

After viewing these positive assessment results I will continue to deliver the information and content to the students using the same methodology.

Part II:

Outcome 3 Phase I: Statement

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

Outcome 3 Phase II: Assessment Strategy Used:

Assessment Quarter: Fall 2011
Assessors: Dawnis Catherine Guevara
Assessment Tools: •
Sections being assessed: 03

Outcome 3 Phase III: Reflect & Enhance

Number of people involved in Phase III: 2

Changes:

Methods:

The students did demonstrations and skill-based assessments.

Findings and Conclusions:

Results were very positive. Students progressed positively from the beginning of the quarter to the end of the quarter, which was demonstrated in the balancing poses.

Enhancement (Planned Actions)

Part I:

With these results I will continue to explore different teaching methods to develop a better awareness between the mind and body.

Part II:

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