



## SLO Assessment Cycle for P E 6D

*Body Sculpting* SLO Modified: [06/10/2010]

### Arden Kragalott's Team Members:

1. [Rachel Pacheco](#) (x5605) P E
2. [Jason Damjanovic](#) (x8743) P E

**Additional Team members not on list/notes about team:**

**Additional Notes:**

### Outcomes:

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

Design and implement strength training program applying resistance principles to produce desired training effects.

### Assessment Cycle Records:

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

**Assessment Strategy Used:**

Quarter: Winter 2011

Assessors: Arden Kragalott

Assessment Tools: Performances/Demonstrations • Timed Mile Run, Jan. 6 and March 17

Sections being assessed: 01

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

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

**Changes:**

**Methods:**

30 Students were timed for the mile on Jan. 6 and then timed again in the last week of class on March 17.

**Summary:**

The results of the mile run were outstanding. 28 of 30 students decreased their mile time by an average of 54 seconds.

I was very pleased with the outcome.

**Enhancement (Part I):**

The strength training program proved to greatly enhance the students fitness objectives.

**Enhancement (Part II):**

At this time no further enhancements or planned actions are needed other than replenishing equipment as needed.

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

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

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

**Assessment Strategy Used:**

Quarter: Winter 2011

Assessors: Arden Kragalott

Assessment Tools: Exams

Sections being assessed: 01

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

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

**Changes:**

**Methods:**

The class was given an exam on the knowledge of basic fitness concepts as they apply to health and fitness.

**Summary:**

Scores on the written test ranged from 82% to 100%. Their overall

knowledge was outstanding. The students met my expectations. At this time there is no need to change anything.

**Enhancement (Part I):**

The study quizzes which were given to each student helped their general knowledge of basic fitness concepts as they apply to health and fitness.

**Enhancement (Part II):**

The methods used fit the student learning outcomes with a high success rate. at this time methods will only be changed as the student population changes and basic skills are needed for understanding the subject matter.

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[ Number of Outcomes for P E 6D: 2 ]