

Course Assessment – Part A: Your Plan

#33

Your Email *

Please select your course & name from the list. Contact Instructional Services if your course or name are incorrect or missing

PE 182J – Red Cloud

Outcome #1 *

Improve physical conditioning

Outcome #2 *

Develop skills for maintaining lifelong health and wellness

Outcome #3 *

Apply the principals, language and techniques of yogic practices

Have you completed an assessment for this course prior to this term?

Yes

If yes, are you assessing different outcomes?

No

Comments:

2. To which degree, certificate or program outcomes do these course outcomes map? Degree, Certificate & Program Outcomes can be found at:
<http://www.cgcc.edu/curriculum/program-outcomes>

- Associate of General Studies
- Associate of Applied Science in Early Education and Family Studies
- Early Education and Family Studies Certificate

Outcome #1 Method to assess student understanding *

Each student will record three areas of their life they wish or intend to improve based on a physical, emotional and mental level. In each area all students will record their hopes for improvement based on participation: increase flexibility, increase strength, decrease stress, decrease anxiety, improve focus, improve mental clarity, etc.

Outcome #2 Method to assess student understanding *

Each student will physically demonstrate a 30 minute sequence that is specifically designed to their individual goals.

Outcome #3 Method to assess student understanding *

After each demonstration, students will explain their reasoning behind the poses and sequence that they have developed, how it will continue to benefit and support their daily life physically, mentally and emotionally in accordance to their written intentions.

4. How will you know if you were successful in your efforts to teach this outcome?

By each student achieving or moving closer to achievement by participating a minimum of 3 classes a week and a maximum of 10 classes per week. My goal is that 90% of my students will

Outcome #1 *

improve their physical condition.

How will you know if you were successful in your efforts to teach this outcome?

I will assess my students physical demonstration by their ability to correctly and safely perform chosen postures using proper alignment, strength and flexibility. My plan is for 90% of my students to recognize the amazing benefits that yoga can have on their life as a whole and retain the skills to maintain lifelong health and fitness.

Outcome #2 *

How will you know if you were successful in your efforts to teach this outcome?

I will assess their oral presentation based on accurate knowledge they deliver using the applied principals, correct language and techniques of yogaic conditioning. My goal is that 90% of my students will gain the understanding and importance of each of these and how to employ the techniques in every day life.

Outcome #3 *

#1

Do you feel you have a better understanding of what yoga is and means to you in your life?

#2

Do you feel that your overall heath has improved over the course of this term?

Do you require the names of students who complete the course evaluation survey? *

- Yes

Created 30 Sep 2015 7:11:05 PM	
PUBLIC	