

# Course Assessment– Part B: Your Results & Analysis

#80

Your Email \*

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

PE 182J Gentle Yoga – Red Cloud

## Results

1a. Report the outcome achievement data gathered via the assignments, test, etc. you identified in question 3 of your Part A. \*

In this class it is clear that each student arrives with their own goals concerning what they desire to achieve. It has been my experience with the students that truly commit by attendance, that through the recording of intentions, each student surpasses their desired goal, experiencing more than they bargained for by the end of the term.

Physically–improved balance, strength, flexibility, balance in digestive system, weight loss  
 Mentally–increased focus and memory, improved mental well being, reduced effect of trauma  
 Emotionally–decreased stress, anxiety, depression, improved sleep

1b. Report the percentage of students who mastered each outcome that you identified in question 3 of your Part A.

Improve physical conditioning .

### Outcome #1 \*

% of students who successfully achieved the outcome: \*

80%

Outcome #2 \*

Develop skills for maintaining lifelong health and fitness.

% of students who successfully achieved the outcome: \*

85%

Outcome #3 \*

Apply the principles, language and techniques of yogic practices.

% of students who successfully achieved the outcome: \*

80%

Reflect on you assessment results and provide analysis, considering what contributes to student success and/or lack of success. Include feedback from student course evaluations as appropriate. \*

What contributes most to students success is commitment to this class through participation. Each student who attends 3 or more classes a week develops a deepened understanding of their body, it's ability in strength and flexibility through this movement,, increase in knowledge, technique, alignment, and the importance and value of breath connection.

What contributes most to students lack of success is irresponsibility through no shows.

Based on your analysis in the questions above, what course adjustments are

Periodic progress reports.  
 Meeting with the student individually to inquire about progress.

warranted (curricular, pedagogical, etc.)?  
\*

What resources would be required to implement your recommended course adjustments (materials, training, equipment, etc.)? What Budget implications result? \*

Time.  
No budget implications.

Were your assessment methods accurate indicators of student learning? Why or why not? Any additional comments?

Yes, my assessment methods are accurate indicators of student learning due to our meeting at the end of the term as they each perform their practical through application of movement, showing what they have learned throughout the term. This time together reflects whether they were successful in attendance, focused during class by showing their ability in proper alignment, use of posture names, explanation of benefits and through sharing their own individual experience of possible challenges, triumphs and benefits.

(OPTIONAL) Reflect on any adjustments you made from the last assessment of this course and their effectiveness in student achievement of outcomes?

I extended the orientation offering more information that is normally shown in the class environment.

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