

Course Assessment – Part A: Your Plan

#146

Your Email *

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

PE 182H – Adult Fitness – Sturdyvin – Fall 2016

Part A: Your Plan

Demonstrate improved physical condition

[Directions](#)

1. Choose three of your course outcomes to assess and report on this term (these will also be used in your Student Course Evaluation survey):

Outcome #1 *

Outcome #2 *

Design a lifelong fitness program

Outcome #3 *

Recognize and apply the value and benefits of physical fitness

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

Yes

If yes, are you assessing different outcomes?

Yes

Comments:

2. To which degree, certificate or program outcomes do these course outcomes map?

[Degree, Certificate, & Program Outcomes](#)

Method of Assessment

Records of their exercise, final exit interview questionnaire and personal final interview

3. What methods will be used to assess individual student understanding of each of these outcomes? (Please be specific.)

Outcome #1: Method to assess student understanding *

Outcome #2: Method to assess student understanding *

Assess strength and conditioning progress by reviewing log records and discussion at final interview about critical benefits of regular exercise

Outcome #3: Method to assess student understanding *

Review information on final questionnaire and discuss knowledge developed over the term about benefits of regular exercise and how it will improve long term health effects.

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

75% will pass the class with a C or better

Outcome #1: *

Outcome #2: How will you know if you were

75% will pass the class with a C or better

successful in your efforts to teach this outcome? *

Outcome #3: How will you know if you were successful in your efforts to teach this outcome? * 75% will pass the class with a C or better

5. Instructor Questions what was the best outcome for taking this class?

Create two course specific questions to be included on the Student Course Evaluation.

#1

#2 need you learn how to be in better health?

Do you require the names of students who complete the course evaluation survey? * • No

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