

Course Assessment – Part A: Your Plan

#128

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 – Fall 2016

Part A: Your Plan
[Directions](#)

Demonstrate improved physical conditioning

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 *

Demonstrate 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:

The previous and present outcomes have proven to be successful.

2. To which degree, certificate or program outcomes do these course outcomes map?
[Degree, Certificate, & Program Outcomes](#)

- TRANSFER AND GENERAL DEGREES
- AGS (Associate of General Studies)
- Associate of Applied Science – Early Childhood Education and Family Studies
- Early Education and Family Studies Certificate

Method of Assessment

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

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 #1: Method to assess student understanding *

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 for choosing 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 through 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 improve their physical condition.

Outcome #1: *

Outcome #2: 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 in their life as a whole and retain the skills to maintain lifelong health and fitness.

Outcome #3: 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 that is delivered using the applied principals, correct language and techniques of yogic 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 everyday life.

5. Instructor Questions

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

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

#1

#2

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

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

- No

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