

Course Assessment– Part B: Your Results & Analysis

#244

Your Email *

Please select your course and name from the drop-down menu. If your course or name are incorrect or missing, please contact Instructional Services. PE 182J – Gentle Yoga – 1091745 – Shannon RedCloud – Fall 2017

Part B: Your Results

Directions

1. Report the outcome achievement data gathered via the assignments, tests, etc. you identified for each outcome (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

Outcome #1

* Improve Physical Conditioning

% of students who successfully achieved the outcome (C or above) * 80%

Outcome #2 *

Develop skills for lifelong health and fitness

% of students who successfully achieved the outcome (C or above) * 85%

Outcome #3 *

Apply the principals, language and techniques of yogic practices.

% of students who successfully achieved the outcome (C or above) * 80%

ANALYSIS

3. What contributed to student success and/or lack of success? *

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. Unfortunately, irresponsibility through no shows would contribute most greatly to the lack of success.

4. Helping students to realistically self-assess and reflect on their understanding and progress encourages students to take responsibility for their own learning. Consider comparing your students' perception of their end-of-term understanding/mastery of the three outcomes (found in student evaluations) to your assessment (above) of student achievement of the three outcomes. *

Students self-assess at the end of term final one-on-one. Their experience is discussed both superficially and in great detail. They each explain to me what worked for them during the course of the term and what did not. The benefits they noticed and how this specific class has helped them considering the information and instruction delivered. While every students experience is individual there is a universal component to each that given the proper instruction allows them to successfully achieve each outcome through their own participation.

5. Did student achievement of outcomes meet your expectations for successfully Yes!

teaching to each outcome (question 4 from Part A) *

6. Based on your analysis in the questions above, what course adjustments are warranted (curricular, pedagogical, student instruction, etc.)? *

Periodic progress reports.
Meeting with the student individually to inquire about progress and means to enhance it.

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

Time. No budget implications

8. Reflect on any adjustments you made from the last assessment of this course (if applicable) and their effectiveness in student achievement of outcomes. *

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.

9. Describe how you have shared information about course outcomes with your students.

This is done at the end of the term during our individual time together discussing their experience.

10. Please describe any changes/additions to instruction, curriculum or assessment that you made to support students in better achieving the CGCC Core Learning Outcome: Communication. The areas that faculty are focusing on are: "Source and Evidence" and "Organization and Presentation"

I extended the orientation, offering more information that is normally shown in the classroom environment.
I encouraged our beginners yoga workshop attendance to help increase their knowledge and experience which helped them immensely through the term.

Created 10 Dec 2017 12:43:38 PM	Updated 11 Dec 2017 6:12:16 AM
PUBLIC	COLUMBIAGORGECC