



# Course Assessment - Part A: Your Plan

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Please select your course and name from the drop-down menu.

PE182J- Gentle Yoga- Andrea Chrisman-Part A-Spring 2026

## Part A: Your Plan

### [Directions](#)

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

#### Outcome #1

Demonstrate skills for maintaining lifelong health and fitness

#### Outcome #2

Experience the relationship of the mind, body and spirit

#### Outcome #3

Apply the principles, language and techniques of yogic conditioning

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

No

## Degree, Certificate or Programs Outcomes

2. To which degree(s) or certificate(s) does your course map?

General Education

Elective

### Method of Assessment

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

Demonstrate skills for maintaining lifelong health and fitness  
Final project, class participation and discussion

#### Outcome #2: Method to assess student understanding

Experience the relationship of the mind, body and spirit  
Final project, class participation and discussion

### **Outcome #3: Method to assess student understanding**

Apply the principles, language and techniques of yogic conditioning

Final project, class participation and discussion

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

##### **Outcome #1: How will you know if you were successful in your efforts to teach this outcome?**

#1: Demonstrate skills for maintaining lifelong health and fitness

The target for this outcomes is: The majority of students are able to identify at least 1 yogic practice, activity, or principle and make a connection to their own experience and wellness.

##### **Outcome #2: How will you know if you were successful in your efforts to teach this outcome?**

#2: Experience the relationship of the mind, body and spirit

The target for this outcomes is: The majority of students are able to identify at least 1 yogic practice, activity, or principle and make a connection to their own experience and wellness.

##### **Outcome #3: How will you know if you were successful in your efforts to teach this outcome?**

#3: Apply the principles, language and techniques of yogic conditioning

The target for this outcomes is: The majority of students are able to identify at least 1 yogic practice, activity, or principle and make a connection to their own experience and wellness.

#### **5. Instructor Questions: Create two course specific questions to be included on the Student Course Evaluation.**

##### **Instructor Question #1**

What were your favorite practices from class (i.e. breathwork /pranayama, poses/asana, discussions around 8-limbs of yogas)

##### **Instructor Question #2**

What could we change about this class that would make it more engaging or meaningful to you?

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

NO

#### **ILO Connection:**

Reminder, when completing Part B, instructors will be asked the following questions:

Describe anything you did to assist the institutional effort to support students in improving achievement of the specified criteria for the following Institutional Learning Outcomes (ILO):

1. ILO#1 - Communication - "Content Development" and/or "Control of Syntax and Mechanics"
2. ILO#2 - Critical Thinking/Problem Solving - "Evidence" and/or "identify strategies"
3. ILO#4 - Intercultural Knowledge and Competence - "Openness" (Encouraging our students to "Initiate and develop interactions with culturally different others")
4. ILO#5 - Community and Environmental Responsibility
5. ILO#3 - Quantitative Literacy - "Assumptions"