



Course Assessment - Part B: Your Results & Analysis

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

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

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. (Only include data for students who completed the course. Do not include students who withdrew or earned an incomplete) Data for all 3 outcomes should be reported below.

Outcome Achievement Data

Outcome 1: Demonstrate skills for maintaining lifelong health and fitness.

8 of 9 students identified 1 or more activities, principles to support their health and wellbeing.

Outcome 2: Experience the relationship of the body, mind, and spirit.

8 of 9 students identified at least 1 yogic practice, activity, or principle and connected it to their own experience and wellbeing

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

8 of 9 students identified at least 1 yogic practice, activity, or principle and connected it to their own experience and wellbeing

2. Report the percentage of students who successfully achieved the outcome at a C or above. (Outcome #1, #2, #3 can be copied/pasted from question 1 of Part A)

Outcome #1:

Demonstrate skills for maintaining lifelong health and fitness

Percentage (%) of students who successfully achieved the outcome (C or above) 89

Outcome #2

Experience the relationship of the body, mind, and spirit

Percentage (%) of students who successfully achieved the outcome (C or above) 89

Outcome #3

Apply the principles, language, and techniques of yogic conditioning

Percentage (%) of students who successfully achieved the outcome (C or above) 89

Analysis

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

Class attendance and participation/engagement is the biggest contributor to students' growth.

4. Helping students to realistically self-assess and reflect on their understanding and progress encourages students to take responsibility for their own learning. Please compare 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.

Seven out of nine students completed the survey. At end of term, six students identified as proficient/expert in the target outcomes and one student identified as developing. This is consistent with my assessment, as students are processing yogic concepts through their own perspective and experience.

5. Did student achievement of outcomes meet your expectations for successfully teaching to each outcome (question 4 from Part A)

Yes, the targets were met for each outcome.

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

Possibly looking at time the class is offered and continuing to learn about each students' needs at the beginning of the term. Students' noted their favorite practices which can change from term to term based on who is in the class.

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

None

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

This is the first course assessment I have completed.

9. Describe how you explain information about course outcomes and their relevance to your students.

At the beginning of the term, I share a broad view of course outcomes. As we deepen our practice of the 8 limbs of yoga throughout the term, students create their own connections to these principles based on their unique perspective, needs, and experience.

10. Please describe any changes/additions to instruction, curriculum or assessment that you made to support students in better achieving the CGCC Institutional Learning Outcomes:

ILO #1: Communication. The areas that faculty are focusing on are: "Content Development"and/or Control of Syntax and Mechanics"

and

ILO #2: Critical Thinking/Problem Solving. The areas that faculty are focusing on are:

"Evidence" (Critical Thinking) and/or "Identify Strategies" (Problem Solving).

ILO #4: Intercultural Knowledge and Competence. The area that faculty is focusing on is:
"Openness" (Encouraging our students to "Initiate and develop interactions with culturally different others")

ILO #5: Community and Environmental Responsibility.

ILO#3 - Quantitative Literacy - "Assumptions"