

## SLO Assessment Plan

**Department:** Physical Education

**Course:** Cross Training

| Expected SLO  | Major Assignment, Assessment Instrument & Performance Criteria   | Term   |
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| <p>Upon completion of this course students will improve fitness levels, increase strength and flexibility, and lose body fat through participation in a variety of fitness activities</p> | <p>1.1 Major Assignment: Fitness tests<br/>                     Assessment Instrument: Comparison of early and late semester fitness test activities<br/>                     Performance Criteria: 70% of students will show improvement on 3 of 5 fitness tests</p> <p>1.2 Major Assignment: Journal<br/>                     Assessment Instrument: Goals/self assessment<br/>                     Performance Criteria: 70% of students will show progress towards stated goals</p> <p>1.3 Major Assignment: Daily workouts<br/>                     Assessment Instrument: Daily participation points in progressive exercises<br/>                     Performance Criteria: 70% of students will complete 80% of daily workouts</p>   | <p>1.1 Fall 08<br/>                     1.2 Fall 09<br/>                     1.3 Fall 10</p> |
| <p>Upon completion of this course students will identify/explain the role of physical fitness and fitness principles in both physical and mental wellbeing</p>                            | <p>2.1 Major Assignment: Weight loss/fitness quiz<br/>                     Assessment Instrument: 20 multiple choice questions<br/>                     Performance Criteria: 70% of students will score 70% or better</p> <p>2.2 Major Assignment: Final quiz<br/>                     Assessment Instrument: Quiz/short essay on topic<br/>                     Performance Criteria: 70% of students will correctly identify the role of fitness in physical and mental wellbeing; 70% of students will score 70% or better on multiple choice quiz</p> <p>2.3 Major Assignment: Journal<br/>                     Assessment Instrument: Discussion notes and summary<br/>                     Performance Criteria: 70% of students will list and summarize fitness discussion points from in-class lecture/discussion</p> | <p>2.1 Fall 08<br/>                     2.2 Fall 09<br/>                     2.3 Fall10</p>  |

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| <p>Upon completion of this course students will be able to identify and assess their current fitness level; alter or modify specific wellness or fitness practices in order to improve body composition/flexibility/ cardiovascular fitness/muscular endurance/muscular strength related to performance</p> | <p>3.1 Major Assignment: Fitness tests/self assessment<br/> Assessment Instrument: Short answer/essay<br/> Performance Criteria: 70% of students will be able to assess their current fitness level using fitness test results</p> <p>3.2 Major Assignment: Journal<br/> Assessment Instrument: Self-designed fitness program<br/> Performance Criteria: 70% of students will be able to identify good fitness principles in designing a fitness program</p> <p>3.3 Major Assignment: Survey<br/> Assessment Instrument: 10 question survey (Likert Scale)<br/> Performance Criteria: 70% of students will respond positively to questions about fitness levels at the end of the semester</p> | <p>3.1 Fall 08<br/> 3.2 Fall 09<br/> 3.3 Fall 08</p> |
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