

Unit Course Assessment Report - Four Column

San Mateo CCCD SKY Dept - Kinesiology

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Course Outcomes	Means of Assessment & Success Criteria / Tasks	Results	Action & Follow-Up	
SKY Dept - Kinesiology - SKY FITN 112 - Cross Training - Fitness Improvement - Improve fitness levels, increase strength and flexibility, and lose body fat through participation in a variety of fitness activities. (Created By SKY Dept - Kinesiology) Course Outcome Status: Active	Assessment Method: Pre- and post-fitness test comparison Assessment Method Category: Pre and post testing Success Criterion: 70% of students will show improvement on at least 1 fitness test result at the post test.	12/15/2009 - 73% of students improved performance on at least 1 test. 73% of students improved their body mass index. 67% of students improved their body composition. 67% of students improved their 1 minute crunch performance. Result Type: Criterion met Reporting Cycle: 2009 - 2010		
	Assessment Method: Survey on personal fitness Assessment Method Category: Survey Success Criterion: 70% of students will respond positively to questions about fitness levels at the end of the semester Related Documents: Goal Tracking Form for classes.doc	12/15/2009 - 95% of responses were positive Result Type: Criterion met Reporting Cycle: 2009 - 2010		
	Assessment Method: Daily participation points in progressive exercises to improve cardiovascular fitness, strength, and flexibility Assessment Method Category: Presentation/Performance Success Criterion: 70% of students will complete 80% of daily workouts	05/25/2011 - 88% of students completed 80% of daily workouts Result Type: Criterion met Reporting Cycle: 2010 - 2011		
SKY Dept - Kinesiology - SKY FITN 112 - Cross Training - Fitness self assessment - Be able to	Assessment Method: Weight loss/wellness quiz Assessment Method Category:	12/15/2009 - 80% of students scored 70% or better Result Type:		

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<p>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 (Created By SKY Dept - Kinesiology)</p> <p>Course Outcome Status: Active</p>	<p>Exam Success Criterion: 70% of students will score 70% or better on questions pertaining to weight loss and wellness principles</p> <p>Assessment Method: Fitness and wellness principles quiz Assessment Method Category: Exam Success Criterion: 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>Assessment Method: Journal or small group discussion on fitness principles Assessment Method Category: Other Success Criterion: 70% of students will list and summarize fitness discussion points from in-class lecture/discussion</p>	<p>Criterion met Reporting Cycle: 2009 - 2010</p> <hr/> <p>05/20/2011 - 96% scored 70% or better on multiple choice quiz Result Type: Criterion met Reporting Cycle: 2010 - 2011</p> <hr/> <p>12/09/2010 - 74% of students listed and summarized fitness discussion points from in-class lecture/discussions Result Type: Criterion met Reporting Cycle: 2010 - 2011</p>	
<p>SKY Dept - Kinesiology - SKY FITN 112 - Cross Training - Role of fitness in wellbeing - Identify/explain the role of physical fitness and fitness principles in both physical and mental wellbeing (Created By SKY Dept - Kinesiology)</p> <p>Course Outcome Status: Active</p>	<p>Assessment Method: Division Wellness Quiz Assessment Method Category: Exam Success Criterion: 70% of students will score 70% or better on a multiple choice quiz</p> <p>Related Documents: Division ISLO test.doc</p> <p>Assessment Method: Journal- students will track fitness activities and feelings in a journal over the course of the semester Assessment Method Category: Other</p>	<p>05/17/2010 - 100% of students scored 70% or better on the division wellness exam. Result Type: Criterion met Reporting Cycle: 2009 - 2010</p> <hr/> <p>12/14/2010 - 75% of students noted positive mental changes in their journal entries Result Type: Criterion met Reporting Cycle: 2010 - 2011</p>	

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	<p>Success Criterion: 70% of students will exhibit positive mental changes brought about by physical fitness activities</p>		
	<p>Assessment Method: Goal setting/goal attainment- students will set 3 realistic goals relating to fitness, set both an in-class and out of class workout schedule, and follow their plan to achieve their goals</p>	<p>05/15/2009 - 85% of students achieved at least one of their semester goals</p> <p>Result Type: Criterion met</p> <p>Reporting Cycle: 2009 - 2010</p>	
	<p>Assessment Method Category: Other</p> <p>Success Criterion: 70% of students will reach at least one of their semester goals pertaining to fitness/wellness</p>		