**SLO Cycle Assessment Form**

**Please type on this form. Do not submit handwritten forms.**

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| **Course:**  **Athl 151** | | **Semester data collected:**  **Fall 2012** | | **Date this form was completed:**  **12/12/12** |
| **# of sections offered:**  **1** | **# of sections assessed:**  **1** | | **Data Collected from: (Check all that apply)**  FT Faculty \_\_\_\_\_\_ PT Faculty \_\_x\_\_\_\_  Day \_\_\_\_\_\_ Evening \_\_\_\_\_ Hybrid/Online\_\_\_\_\_ Weekend\_\_\_\_\_\_ | |
| **1. People involved in summarizing & evaluating data (minimum of two)** | | | Andrew Robinson | |
| **2. Please list the SLO(s) that was (were) assessed. Include the description listed on the Course Record of Outline.** | | | Improve cardiovascular and muscular fitness | |
| **3. Data results**  Briefly summarize the data. (Please see instructions). | | | In the beginning of the semester we did testing on several components to physical fitness and exercise. Weight/Bench press/Pull ups/ Lat pull / Circuit rounds (cardio)/leg press/Sit-ups/Bicep ext/ triceps ext. Then the final test we did at the end of the semester to test there improvement. All the students lost weight, increased there muscular strength, and improve there cardio. | |
| **4a. Course/Program Improvements**  **Please describe what change(s) you plan to implement based on the above results**  **4b**. **Will this include a change to the curriculum (i.e., course outline)?**  Yes  No | | | 4a. I plan to keep everything the same. The program was successful.  4b. No | |
| **5. How did the SLO(s) contribute to student acquisition of the Institutional Learning Outcome(s) (ILOs)?**  For example, if ILO #1 (communication skills) was identified as being related to this SLO, then please write a sentence or two supporting the relationship.  **IVC’s 5 ILOs:**  **ILO1 = Communication Skills**  **ILO2 = Critical Thinking Skills**  **ILO3 = Personal Responsibility**  **ILO4 = Information Literacy**  **ILO5 = Global Awareness** | | | ILO1-During the process they had to work in groups and give positive encouragement as well as motivate each other.  ILO3-They had to track there progress throughout the semester. And see if they needed to increase effort of production in certain areas.  IOL4-They were able to gain knowledge about different exercises and also use the terminology. | |
| **6. Next Steps**  **Was the process effective? Will you change the outcome/assessment (e.g., alter the SLO, assessment, faculty discussion process, strategy for providing SLO to students)?**  **If so, how?** | | | The process was effective. I will continue with the same program because the increase was so great that it has proven to be beneficial to there physical and mental development. | |
| **7. After Thoughts**  **Feel free to celebrate, vent, or otherwise discuss the process** | | | Everything was great. The students appreciated the process of growth. | |

For instructions on how to fill out this form, click here:

[SLO Cycle Assessment Form Guidelines](http://www.imperial.edu/ivc/files/student_learning_outcomes/Forms/DRAFT%20SLO%20Cycle%20Assessment%20Form%20Guidelines.docx)

Or visit the IVC SLO Website: http://www.imperial.edu/faculty-and-staff/campus-committees/student-learning-outcomes/slo-forms-and-handouts/