

Assessment Impact by Course Objectives
Palau Community College
Department (HP) - Health & Physical Education Department

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CLO: HP 104 - Conditioning & Fitness: CLO 1

Demonstrate an understanding of physical fitness, its importance, and two of the means of achieving it.

CLO Assessment Cycle: 2014-2015 (Summer 2015)

CLO Status: Active

Means of Assessment			
Means of Assessment	Expected Student Performance	Notes	Active
Explain physical fitness, the importance of physical fitness, and the means of achieving fitness. Signature assignment: Chapter Test Related Documents: CLO 1.PDF	70% of the students assessed will perform at the proficiency level.		Yes

Results			
Summary of Data Collected	Use of Results	Follow-Up	Semester Assessed
Chapter Test - 07/28/2014 - 100% of the students assessed performed at the proficiency level. Expected Student Performance Met: Yes Related Documents: CLO 1.PDF	07/28/2014 - This course is being assessed for the first time. No action at this time as the expected outcome has been met.		2013 - 2014 (Summer 2014)

CLO: HP 104 - Conditioning & Fitness: CLO 2

Demonstrate an understanding of both physical and mental benefits of physical activity/exercise.

CLO Assessment Cycle: 2014-2015 (Summer 2015)

CLO Status: Active

Means of Assessment			
Means of Assessment	Expected Student Performance	Notes	Active
Identify and explain five physical and five psychological benefits of physical activity/exercise. Signature assignment: Chapter Test Related Documents: CLO 2.PDF	70% of the students assessed will perform at the proficiency level.		Yes

Results			
Summary of Data Collected	Use of Results	Follow-Up	Semester Assessed
Chapter Test - 07/28/2014 - 100% of the students assessed performed at the proficiency level. Expected Student Performance Met: Yes Related Documents: CLO 2.PDF	07/28/2014 - This course is being assessed for the first time. No action at this time as the expected outcome has been met.		2013 - 2014 (Summer 2014)

CLO: HP 104 - Conditioning & Fitness: CLO 3

Identify, explain, and apply the immediate treatment procedures referred to by the acronym RICE for bone, joint, and muscle injuries.

CLO Assessment Cycle: 2014-2015 (Summer 2015)

CLO Status: Active

Means of Assessment			
Means of Assessment	Expected Student Performance	Notes	Active
Identify and explain the acronym RICE and the proper treatment of bone, joint, and muscle injuries. Signature assignment: Chapter Test Related Documents: CLO 3.PDF	70% of the students assessed will perform at the proficiency level.		Yes

Results			
Summary of Data Collected	Use of Results	Follow-Up	Semester Assessed
Chapter Test - 07/28/2014 - 100% of the students assessed performed at the proficiency level. Expected Student Performance Met: Yes Related Documents: CLO 3.PDF	07/28/2014 - This course is being assessed for the first time. No action at this time as the expected outcome has been met.		2013 - 2014 (Summer 2014)

CLO: HP 104 - Conditioning & Fitness: CLO 4

Identify, explain, and demonstrate an understanding of the five component of physical fitness.

CLO Assessment Cycle: 2014-2015 (Summer 2015)

CLO Status: Active

Means of Assessment			
Means of Assessment	Expected Student Performance	Notes	Active

Means of Assessment

Means of Assessment	Expected Student Performance	Notes	Active
Explain the five components of physical fitness. Signature assignment: Chapter Test Related Documents: CLO 4.PDF	70% of the students assessed will perform at the proficiency level.		Yes

Results

Summary of Data Collected	Use of Results	Follow-Up	Semester Assessed
Chapter Test - 07/28/2014 - 100% of the students assessed performed at the proficiency level. Expected Student Performance Met: Yes Related Documents: CLO 4.PDF	07/28/2014 - This course is being assessed for the first time. No action at this time as the expected outcome has been met.		2013 - 2014 (Summer 2014)

CLO: HP 104 - Conditioning & Fitness: CLO 5

Compare and contrast aerobic training and strength training.

CLO Assessment Cycle: 2014-2015 (Summer 2015)

CLO Status: Active

Means of Assessment

Means of Assessment	Expected Student Performance	Notes	Active
Demonstrate an understanding of the similarities and differences between aerobic training and strength training. Signature assignment: Chapter Test Related Documents: CLO 5.pdf	70% of students assessed will perform at the proficiency level.		Yes

Results

Summary of Data Collected	Use of Results	Follow-Up	Semester Assessed
Chapter Test - 07/28/2014 - 100% of the students assessed performed at the proficiency level. Expected Student Performance Met: Yes Related Documents: CLO 5.pdf	07/28/2014 - This course is being assessed for the first time. No action at this time as the expected outcome has been met.		2013 - 2014 (Summer 2014)

CLO: HP 104 - Conditioning & Fitness: CLO 6

Demonstrate an understanding of the effects of cardiovascular respiratory training during exercise.

CLO Assessment Cycle: 2013-2014 (Summer 2014)**CLO Status:** Active

Means of Assessment			
Means of Assessment	Expected Student Performance	Notes	Active
Calculate target heart rate zone. Warm-Up Perform Cardiovascular Assessment (Rockport Walking Test) Perform cardiovascular activities and record your time in workout log. Gradually increase the intensity of your aerobic workout to reach the higher end of your target heart rate zone. Gradually improve time duration of your aerobic exercise.	70% of the students assessed will perform at the proficiency level.		Yes
Signature assignment: Performance Test			
Related Documents: CLO 6 7 8.PDF			

Results			
Summary of Data Collected	Use of Results	Follow-Up	Semester Assessed
Performance Test - 07/28/2014 - 100% of the students assessed performed at the proficiency level. Expected Student Performance Met: Yes	07/28/2014 - This course is being assessed for the first time. No action at this time as the expected outcome has been met.		2013 - 2014 (Summer 2014)
Related Documents: CLO 6 7 8.PDF			

CLO: HP 104 - Conditioning & Fitness: CLO 7

Demonstrate an understanding of techniques that increase muscular strength and endurance.

CLO Assessment Cycle: 2013-2014 (Summer 2014)**CLO Status:** Active

Means of Assessment			
Means of Assessment	Expected Student Performance	Notes	Active
Perform bent-knee sit up test Perform sit-ups and push-ups alternately once every week.			Yes
Signature assignment: Performance Test			
Related Documents: CLO 6 7 8.PDF			

Results			
Summary of Data Collected	Use of Results	Follow-Up	Semester Assessed
Performance Test - 07/28/2014 - 100% of the students assessed performed at the proficiency level. Expected Student Performance Met: Yes Related Documents: CLO 6 7 8.PDF	07/28/2014 - This course is being assessed for the first time. No action at this time as the expected outcome has been met.		2013 - 2014 (Summer 2014)

CLO: HP 104 - Conditioning & Fitness: CLO 8

Demonstrate an understanding of the role of flexibility and the importance of body composition to physical fitness.

CLO Assessment Cycle: 2013-2014 (Summer 2014)

CLO Status: Active

Means of Assessment			
Means of Assessment	Expected Student Performance	Notes	Active
Perform Sit and Reach Test to assess flexibility. Perform flexibility exercises. Record your weight every week for the duration of the course. Determine the percentage of fat tissue versus lean body tissue using a skin-fold caliper. Evaluate your weight and body composition. Signature assignment: Performance Test Related Documents: CLO 6 7 8.PDF	70% of the students assessed will perform at the proficiency level.		Yes

Results			
Summary of Data Collected	Use of Results	Follow-Up	Semester Assessed
Performance Test - 07/28/2014 - 0% of the students assessed performed at the proficiency level Expected Student Performance Met: No Related Documents: CLO 6 7 8.PDF	07/28/2014 - Instructor was not able to locate any equipment/supplies that are necessary to teach the course. Most supplies needed were obtained locally but a (1)scale and (2)skin fold calipers were not available locally for purchase at that time. The supplies were ordered but did not arrive until the following Fall 2014. A scale and skin-fold calipers are tools necessary to evaluate a person's weight and body composition. Instructor will ensure that all supplies and equipment are available before the first day of the semester.		2013 - 2014 (Summer 2014)

CLO: HP 104 - Conditioning & Fitness: CLO 9

Demonstrate an understanding of activities suitable for different school-age groups.

CLO Assessment Cycle: 2013-2014 (Summer 2014)

CLO Status: Active

Means of Assessment			
Means of Assessment	Expected Student Performance	Notes	Active
Develop and present an activity plan suitable for the age group you are teaching. Signature assignment: Lesson Plan Related Documents: CLO 9.PDF	70% of the students assessed will perform at the proficiency level.		Yes

Results			
Summary of Data Collected	Use of Results	Follow-Up	Semester Assessed
Lesson Plan - 07/28/2014 - 100% of the students assessed performed at the proficiency level. Expected Student Performance Met: Yes Related Documents: CLO 9.PDF	07/28/2014 - This course is being assessed for the first time. No action at this time as the expected outcome has been met.		2013 - 2014 (Summer 2014)