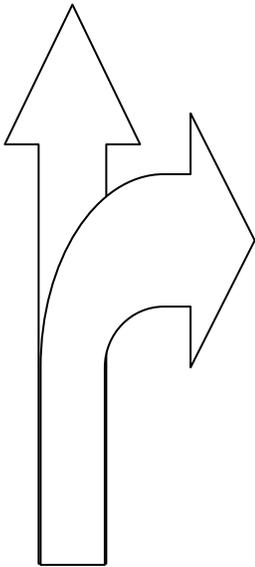
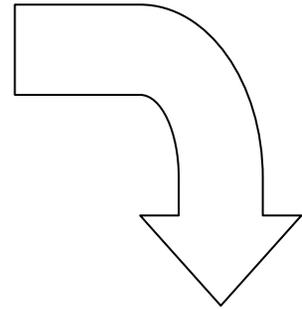


Instructional Example: Physical Education, Spring 2009:



1. SLO – “Students appreciate one’s own physical, mental and emotional health, and demonstrate the knowledge and/or skills associated with actions necessary for optimum health and physical efficiency. “



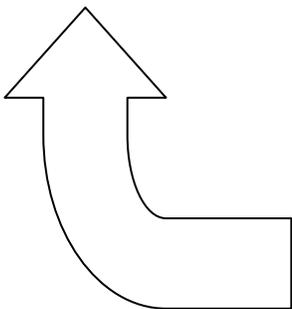
5. Possible Use of Results (Implications for Program Improvement & Planning)

–The Fitness goals were too easy to achieve. Higher fitness standards will be set. However, few of the students set dietary goals and were assessed.

More focused attention on dietary implications on overall health will be pursued.

2. Means of Assessment (Measurement Method)

– Students pursue a personal change/ improvement project, aimed at improving their own health or physical condition.



4. Summary of Data Collected (Results)

Looking at the scores most students showed at least some degree of improvement . 81% of students showed improvement in overall fitness level, whereas 15% showed improvement in Diet.

3. Criteria for Success (Benchmark)

All students (100%) to demonstrate improvement, based on a pre-/post-test of their fitness level or diet.

