

Crafton Hills College - Outcomes Assessment Report

Course: PE/I106-- Total Body Fitness

Term: 2009 Spring

1. Learning Outcomes Statement

1. Students will demonstrate the appropriate flexibility, cardio respiratory, and resistance training routines necessary for safely improving overall fitness.

2. Means of Assessment (Measurement Method)

Assessed three primary areas: cardiorespiratory endurance, stretching and muscle strength/endurance. Skills assessed- 1-mile run/walk, 3 mile run/walk, sit and reach test and circuit-time completion

(SE) Appropriate Stretching Routine

Rubric: [Total Body Fitness - Warm-up/Stretching Routine](#)

(SE) Cardio Respiratory Conditioning

Rubric: [Total Body Fitness - Cardio/Resp. Conditioning](#)

(SE) Resistance Training

Rubric: [Total Body Fitness -- Resistance Training](#)

3. Criteria for Success (Benchmark)

Rubric: [Total Body Fitness - Warm-up/Stretching Routine](#)

Description: Student demonstrates appropriate stretching routine.

Owner: Course Level - Physical Ed

Rubric Levels

0. Poor: Student fails to participate in post-exercise stretching or stretches incorrectly.
1. Average: Student participates in resistance training program sometimes or sometimes performs incorrectly.
2. Good: Student participates in resistance training program most of the time and performs correctly most of the time.
3. Excellent: Student participates in resistance training program all of the time and always performs correctly.

Rubric: Total Body Fitness - Cardio/Resp. Conditioning

Description: Student demonstrates appropriate cardio respiratory conditioning routine.

Owner: Course Level - Physical Ed

Rubric Levels

- 0. Poor: Student fails to participate in cardio respiratory conditioning or does so incorrectly.
- 1. Average: Student participates in cardio respiratory conditioning programs sometimes or sometimes performs incorrectly.
- 2. Good: Student participates in cardio respiratory conditioning most of the time and performs correctly most of the time.
- 3. Excellent: Student participates in cardio respiratory conditioning all of the time and always performs correctly.

Rubric: Total Body Fitness -- Resistance Training

Description: Student demonstrates appropriate resistance training routine.

Owner: Course Level - Physical Ed

Rubric Levels

- 0. Poor: Student fails to participate in resistance training program or does so incorrectly.
- 1. Average: Student participates in resistance training program sometimes or sometimes performs incorrectly.
- 2. Good: Student participates in resistance training program most of the time and performs correctly most of the time.
- 3. Excellent: Student participates in resistance training program all of the time and always performs correctly.

4. Summary of Evidence

PE/I106X4 Total Body Fitness Spring 2009 Sec 02 (Actuals)	Show Percentages Display as PDF				Assessment Results By Level	
Assessment: Total Body Fitness Assessment	NS	0	1	2	3	Total
Physical Fitness - Total Body Fitness - Assessed Effort Students will demonstrate the appropriate flexibility, cardio respiratory, and resistance training routines necessary for safely improving overall fitness.						
Appropriate Stretching Routine Rubric PDF	9	0	3	6	18	27
Cardio Respiratory Conditioning Rubric PDF	9	0	3	9	15	27
Resistance Training Rubric PDF	9	0	3	8	16	27

Assessed three primary areas: cardiorespiratory endurance, stretching and muscle strength/endurance. Skills assessed- 1-mile run/walk, 3 mile run/walk, sit and reach test and circuit-time completion

Looking at the scores most students improved on all three areas. Those who did not were not motivated and had poor attendance.

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

Due to the fact that most students performed well, no changes are necessary.