

Crafton Hills College - Outcomes Assessment Report

Course: PE/I108-- Weight Training

Term: 2010 Spring

1. Learning Outcomes Statement

1. Students will demonstrate the appropriate resistance training techniques necessary for safely improving muscle strength and/or endurance.

2. Means of Assessment (Measurement Method)

Students set strength goals and were assessed based on progress and/or achievement of their goal.

3. Criteria for Success (Benchmark)

Rubric: Fitness - muscle strength and/or endurance

Owner: Course Level - Physical Ed - IndividualGroup

----- Rubric Levels

- 0. No demonstrated achievement - Student did not engage or complete activity.
- 1. Inadequate - Student made minimal effort toward their stated goal.
- 2. Adequate - Student made significant progress toward their stated goal.
- 3. Excellent - Student made outstanding progress or achievement toward their stated goal.

4. Summary of Evidence

PEI108X4 Weight Training Spring 2010 Sec 01 (Actuals)	Show Percentages Display as PDF	Assessment Results By Level				
Assessment: Weight Training Assessment	NS	0	1	2	3	Total
Gen Ed: Health and Wellness - Assessed Effort Students will demonstrate the appropriate resistance training techniques necessary for safely improving muscle strength and/or endurance.	4	6	12	15	37	

Improvement was achieved because the improvement over the course of an entire semester is relatively easy to achieve. Students could show greater improvement with more consistent effort. There are some student "the meanderers" who are minimally engaged in the activity, and this accounts for their lack of improvement. Weight training is a more individual activity than aerobics, yoga, pilates, which tend to be more structured.

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

Continue to try to engage the "dis-engaged." -- e.g. motivate the low-achievers to strive for greater gains.