

Crafton Hills College - Outcomes Assessment Report

Course: PE/I127-- Walking for Fitness

Term: 2010 Spring

1. Learning Outcomes Statement

1. Students will demonstrate the appropriate stretching and walking routines necessary for safely improving cardio-respiratory and flexibility.

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](#)

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.

4. Summary of Evidence

PEI127X4 Walking for Fitness Spring 2010 Sec 01 (Actuals)		Show Percentages Display as PDF		Assessment Results By Level				
Assessment: Walking Post-test		NS	0	1	2	3	Total	
Physical Fitness - Total Body Fitness - Assessed Effort Students will demonstrate the appropriate stretching and walking routines necessary for safely improving cardio-respiratory and flexibility.								
Appropriate Stretching Routine Rubric PDF		36	0	0	0	0	0	
Cardio Respiratory Conditioning Rubric PDF		2	2	6	28		38	

Improvement over the course of the semester is easily demonstrated. The goal is improvement, and so rigorous standards may discourage some. Students tend to "stick with the pack" -- partly as a result of knowing one another. There is a group of students who persist through the course, and while their improvement is not stellar, they feel better as a result of the activity. Students who do not improve usually drop the class. Some students who have history of back problems experience benefits from the class, even if their level of improvement does not match their peers.

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

Not much to change...continue to encourage and motivate.