

# Unit Course Assessment Report - Four Column

## San Mateo CCCD SKY Dept - Kinesiology

**Department Assessment Coordinator:** Jan Fosberg and Kevin Corsiglia

Course Outcomes	Means of Assessment & Success Criteria / Tasks	Results	Action & Follow-Up
<p>SKY Dept - Kinesiology - SKY FITN 106 - Varsity Conditioning - Fitness, Concepts and Techniques - Identify and build individual / team skills related to conditioning programs for specific sports , evaluation of various techniques, use of equipment, scientific knowledge of conditioning, and improve / maintain acceptable and healthy body composition, flexibility, muscular strength, muscular endurance and flexibility. (Created By SKY Dept - Kinesiology)</p> <p><b>Course Outcome Status:</b> Active</p>	<p><b>Assessment Method:</b> Skills testing based on strength and endurance criteria <b>Assessment Method Category:</b> Pre and post testing <b>Success Criterion:</b> That 80% or more of the students that complete the class with no physical restrictions will show improvement in 5 out of 6 categories.</p>	<p>02/08/2011 - 1.1 Major Assignment: Pre and Post Skills Testing Assessment Instrument: Skills testing based on strength and endurance criteria for the chest, back, core, arms, hips and legs. Performance Criteria: 80% of students will show improvement in five of six areas.</p> <p>Results: 32 of 32 Students = 100% of students showed improvement.</p> <p><b>Result Type:</b> Criterion met <b>Reporting Cycle:</b> 2010 - 2011 <b>Related Documents:</b> <a href="#">SLOAC FITN 106_Fall_ 2010 Sky.doc</a></p>	
	<p><b>Assessment Method:</b> Division Fitness Pre and Post Tests <b>Assessment Method Category:</b> Pre and post testing <b>Success Criterion:</b> 80% of the students who complete the class with no physical restrictions will show improvement in 3 areas of the division fitness test.</p>	<p>02/08/2011 - 1.2 Major Assignment: Division Fitness Test (PEEP) Assessment Instrument: Students are pre and post tested on weight, blood pressure, flexibility, body composition, BMI, muscular endurance and cardiovascular efficiency. Performance Criteria: 70% of students will show improvement in their post test on at least half of the areas.</p> <p>Results: 32/32 Students = 100% of the students showed improvement in at least half of the tested areas.</p> <p><b>Result Type:</b> Criterion met</p>	

Course Outcomes	Means of Assessment & Success Criteria / Tasks	Results	Action & Follow-Up
	<p><b>Assessment Method:</b> Students will be examined visually, verbally and kinesthetically in order to make sure they have assimilated concepts and can apply those to improve sport specific performance.</p> <p><b>Assessment Method Category:</b> Exam</p> <p><b>Success Criterion:</b> 80% of students will demonstrate mastery of concepts and application.</p>	<p><b>Reporting Cycle:</b> 2010 - 2011</p> <p><b>Related Documents:</b> <a href="#">SLOAC FITN 106_Fall_ 2010 Sky.doc</a></p> <hr/> <p>02/08/2011 - 1.3 Major Assignment: Final Exam Assessment Instrument: Students are examined visually; verbally and kinesthetically in order to make sure they have assimilated concepts and can apply those concepts to a sport specific setting. For this class those skills were base running, hitting, bunting, throwing, fielding and catching a baseball.</p> <p>Performance Criteria: 80% of students will pass the final</p> <p>Results: 32/32 = 100% of Students passed the final</p> <p><b>Result Type:</b> Criterion met</p> <p><b>Reporting Cycle:</b> 2010 - 2011</p> <p><b>Related Documents:</b> <a href="#">SLOAC FITN 106_Fall_ 2010 Sky.doc</a></p>	