

Evergreen Valley College  
**Course Level SLO Assessment Matrix**

**Course: PED 56A Adapted Strength Conditioning Spring 2015 (J. Clair)**

<b>Student Learning Outcomes (SLOs)</b> As listed on EVC ACC Course Outline “On completion of this course, the student will...”	<b>Assessment Tool</b> List the tools to assess each SLO (such as rubrics, projects, assignment, survey, etc.)	<b>Evaluation Timeline</b> When will the SLO be assessed?	<b>Assessment Results</b> Summarize collected data including how data were collected and number of students.	<b>Analysis/Action Plan and Timeline</b> What, if any changes will be made to instruction, or the SLO and when?
<b>SLO #1</b> Explain basic weight training principles.	Items(s) embedded in quiz or exam.  Two handouts distributed by the instructor with a lab activity completed at home by the students.	Spring 2015	Lab activity returned and reviewed by the instructor. One completed both lab activities. One student completed one lab activity.	Students participated in activities planned for PED 22A, Adapted Cross Training. PED 22A and PED 56A ran concurrently. Review/discuss completed lab activity in class with students to further facilitate understanding of fitness concepts fall 2015.
<b>SLO #2</b> Adapt and use various weight training methods based on physical abilities and needs.	Rubric will evaluate ability to adapt and use various training methods.  Assess with SLO #3.  Formal rubric not developed.  Assessment more visual/holistic in nature.	Spring 2015	One student participated in group weight training activities. The other student participated in a more individualized fitness plan.  Any adaptations used by students were designed by instructor.	Develop formal assessment and rubric for fall 2015.
<b>SLO #3</b> Demonstrate basic weight training exercises using proper and safe techniques	Rubric will evaluate techniques and muscle group identification.	Spring 2015	Instructor demonstrated correct and safe techniques. Verbal and tactile feedback provided by instructor where	Develop formal assessment and rubric for fall 2015.

and identify major muscle groups affected by each exercise.	Assess with SLO #2.		appropriate.  Formal rubric not developed.  Assessment more visual/holistic in nature.	
SLO #4 Demonstrate improved muscle strength and endurance.	Compare pre fitness evaluation with post fitness evaluation.  Pre/post adapted fitness assessment administered and assessed cardiorespiratory endurance, muscle strength and endurance, and flexibility where appropriate and safe for the student.	Spring 2015	Students enrolled equaled 2. An adapted pre fitness test was administered to both students. One student completed the post fitness assessment and showed most improvement in upper extremity muscle endurance. The other student did not complete the post fitness assessment, but improved lower extremity endurance based on information posted on individual exercise log.	Continue adapted pre and post assessment for fall 2015.
SLO #5 Design an individualized weight training program suitable for physical ability and needs.	Project/assignment	Fall 2015		Develop assignment instructions for fall 2015 implementation.