Fall 2013 SLO/PLO ASSESSMENT REPORT - Health/KIN/Athletics/Dance

Date: January 27, 2014

Name of Person Reporting: Leslie Milke

Name of Department and/or Discipline: Health/KIN/Athletics/Dance

1. What courses/certificates/programs have you assessed this past semester?
   We concentrated on the KIN/Athletic courses in Fall 2013 (KIN/ATH 552-Off Season Conditioning, KIN/ATH 511- Intercollegiate Soccer and KIN/ATH 516- Intercollegiate Volleyball)

2. Summarize the analysis of your assessment results for the fall semester course assessments in your area. Did the students achieve the established benchmarks (standards for student success)?
   Through the physical conditioning and results of Pre/Post tests of the above mentioned courses, we found significant improvement in all fitness and performance tests that were measured. The benchmarks were all attained. (a summary of the data collected and analyzed is attached)

3. Based on the discussion and analysis of your assessment results, what changes have you made or do you plan to make?
   So far, the department as a whole, has not had a chance to discuss the findings, but the athletic director and coaches have had preliminary discussions. Preliminary discussions indicate that athletes from baseball and soccer gained the greatest amount of strength and explosiveness while athletes in softball and volleyball measured greater losses in body fat and greater percentage change in leg strength. These findings may indicate the differences in workout routines that are specific to the sport. One thing to note is that we are beginning to discuss the correlation between the fitness results and the rate and type of injuries we are seeing for the specific sport. We are not sure how we will move forward, but we think we can alter the activities in our current tests used in pre and post tests to reduce the risk of certain types of injuries we are seeing with the athletes.

4. Follow up on previous assessments:
   (1) If this SLO was assessed previously, compare the results with the earlier assessments. Have the recommended changes been implemented?
   These KIN/ATH courses have not previously been assessed.
(2) How have the findings led to improved student learning and the achievement of the college mission?
These findings indicate that the department is “doing” what we say we are “doing”. We have developed a successful program whereby students and student-athletes who take a KIN course for skill or fitness development actually show a significant improvement in % body fat, strength, CV fitness as well as the lowering of blood pressure and weight loss. We have been able to measure these results using sophisticated and state of the art software and equipment. These results lead to a more productive and healthy population of students who are greatly reducing the risk of diseases. A healthy student population is more likely to benefit from their college experience and is much more likely to improve student learning not just in the KIN classes but in all classes taken at the college.

5. How have the results of your assessments been shared and discussed among the members of your program? (Provide dates and any minutes of meetings as evidence.)
Since these results have just been tabulated, only the athletic director and coaches have discussed the results. These results will be discussed departmentally on February 13, 2014 at our next department meeting. We will also post these results on our website (www.lamission.edu/fitness)

6. How have the results of your assessments been shared and discussed with members of your advisory committee (if vocational program)?
N/A

7. What resource requests are planned as a result of the assessments?
None, so far but we are contemplating purchasing more accurate body fat assessment tools.

8. Have the assessment results been posted on the online system?
Yes.