

Assessment for General Education: Physical Education

Name and number of the course (e.g. PEA 050 Mountain Biking):

Semester/Year:

Physical Education

The physical education program is designed to provide instruction and exposure to fitness and skill-based activities. The 4 unit requirement includes Fitness for Life and three 1-unit physical activity courses. A wellness-based foundation is laid in Fitness for Life, with the additional three activity courses providing reinforcement for a lifetime of physical activity.

Fitness for Life requirement:

- Students will be able to write and successfully implement an appropriate 9 week fitness program based on the training principles of frequency, intensity, and duration.
- Students will be able to discriminate between healthy and unhealthy lifestyle behaviors.

Fitness-related physical activity courses:

- Students will improve in one or more of the five components of fitness, including cardiovascular, muscular strength, muscular endurance, flexibility and body composition.

Skill-related physical activity courses:

- Students will improve in one or more cognitive, affective or skill-specific components related to successful participation in the sport or activity.

Check which category (s) applies to this course:

_____ Fitness for Life

_____ Fitness-related activity course

_____ Skill-related activity course

1. Fitness for Life requirement, fitness-related component, or skill-related component measured (e.g. muscular endurance, target shooting, etc.)?

2. How was it measured?

3. Data collection procedure?

4. Findings: (mean and standard deviation of pre and post tests, survey, essay question, etc.)

5. Were the objectives met?

6. Additional comments/adjustments made as a result of assessment data.