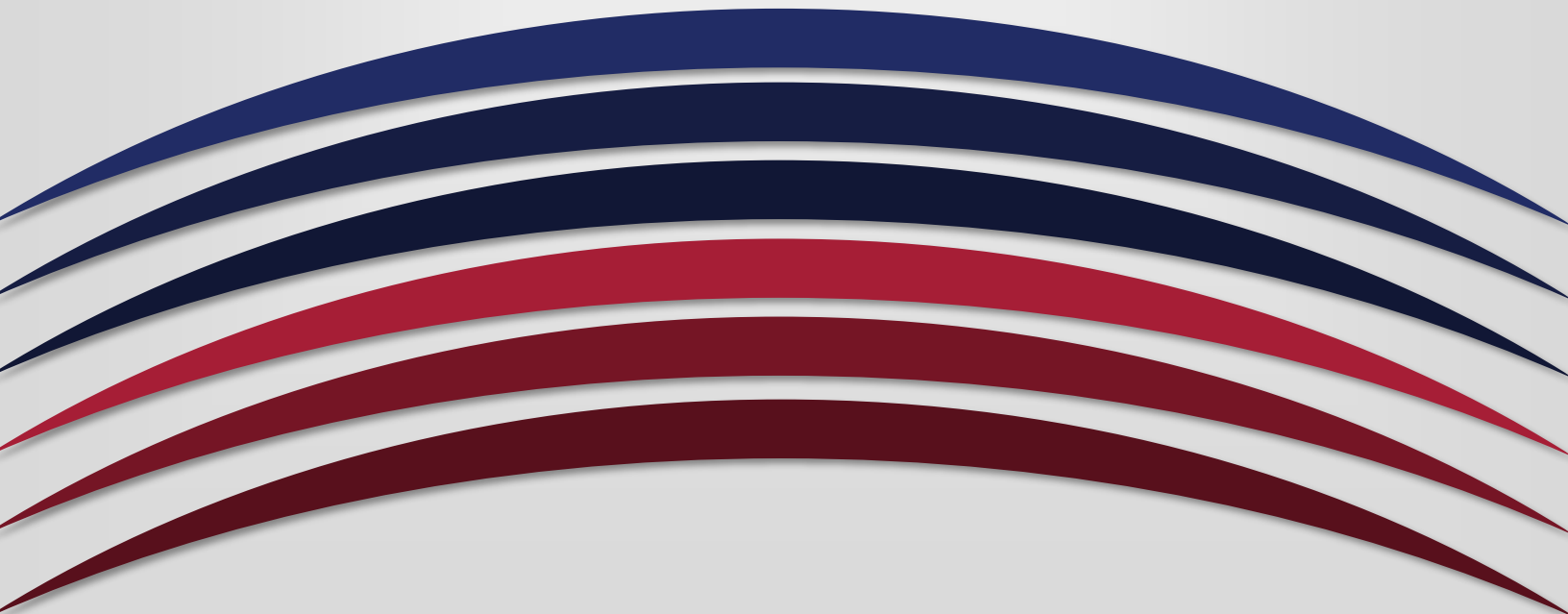# UNIVERSITY OF ARKANSAS
PULASKI TECH

Assessment Report:
2019-2020
EDPA 1107 – Stretch and Stress

Course-Level Learning Outcomes

1. What are the Course-Level Outcomes (CLOs)?

1. The student will develop relaxation techniques to help reduce stress and relieve anxiety by practicing controlled breathing and using guided imagery during class sessions.
2. The student will apply the basic principles of stretching using controlled movements and tension dynamics during stretching sessions.
3. The student will develop increased flexibility and range of motion through participation in class stretching activities.

2. Which CLOs were addressed for this academic year? (2019-2020)

The student will develop increased flexibility and range of motion through participation in class stretching activities.

3. Which CLOs are being addressed in your assessment plan next academic year? (2020-2021)

The student will develop increased flexibility and range of motion through participation in class stretching activities.

4. Explain the assessment cycle.

The students are assessed on lower back and hamstring flexibility in the first or second week of the semester and again in the fourteenth or fifteenth week of the semester. I plan to continue assessing CLO #3 until students have met 70% efficiency, and then I will re-evaluate which CLO will be assessed.

5. What are the assessment methods? Are they direct or indirect?

The students are assessed using the sit and reach method (President's Challenge method). This test involves sitting on the floor with legs out straight ahead. Feet (shoes off) are placed with the soles flat against the measuring box, shoulder-width apart. Keeping their knees as straight as possible, hands on top of each other and palms facing down, the student reaches forward along the measuring line as far as possible. After three practice reaches, the fourth reach is held for at least two seconds while the distance

is recorded. The score is recorded to the nearest quarter inch as the distance reached by the tip of the fingers. This is a direct method of assessment. However, with having to transition to completely online because of the COVID-19 virus, my spring class was not able to complete their second test. They did not have the materials (a measuring box) and even if they tried, their data would not have been correct and/or unbiased.

6. What are the assessment goal(s)?

The assessment goal is for 70% of students to show an increased range of motion on the second test at the end of the semester.

7. What were the findings for this academic year? (2019-2020)

The findings for the Fall of 2019 (no data for Spring 2020):

65% increased in range of motion
32% remained the same
 3% decreased in range of motion

8. What is your analysis of the findings?

The majority of my students increased their range of motion. This was accomplished by regular class attendance. Of the students who remained the same or decreased, class attendance was not regular and for some was very sporadic.

9. What is the action plan for the next academic year? (2020-2021) Explain.

I plan to repeat this assessment until my students meet 70% proficiency.   I feel it is an appropriate indicator of success for this course.