

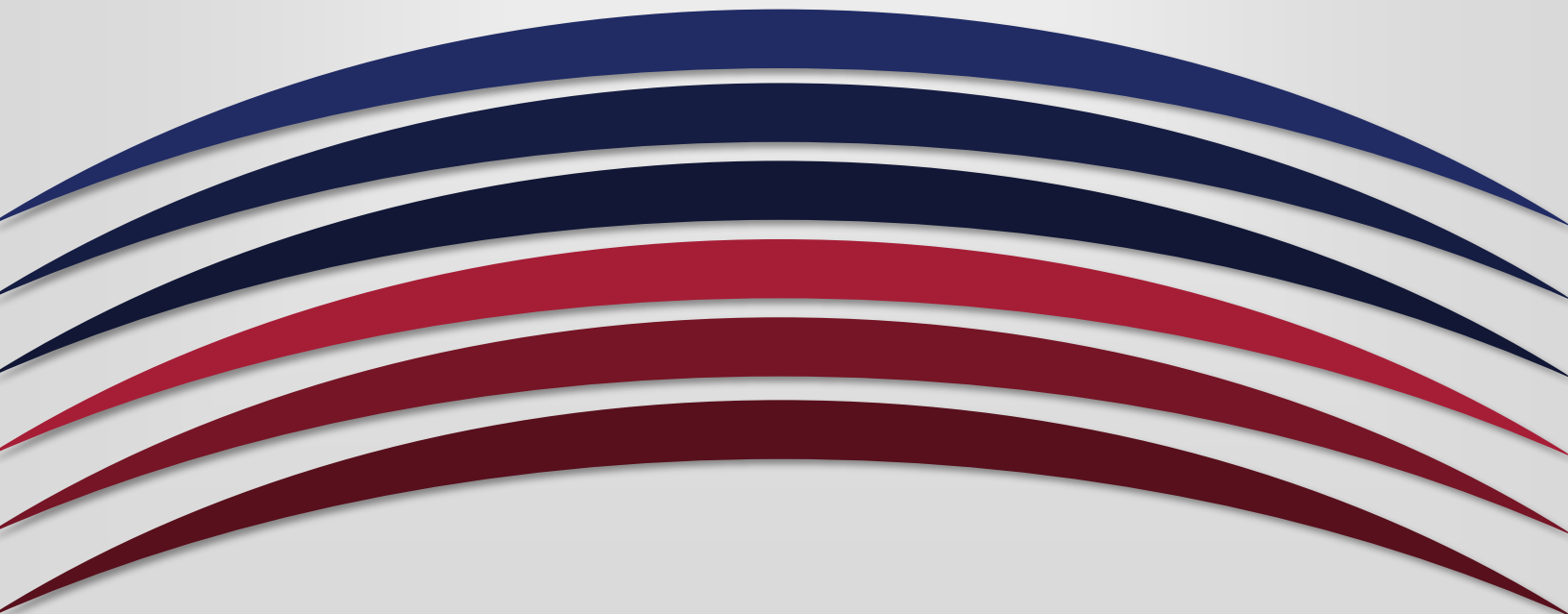
UNIVERSITY OF ARKANSAS  
**PULASKI TECH**

**Course-Level Assessment Report**

**Course: EDPA 1107**

**Academic Year: 2020-2021**

**Due to Chair/Program Director and Faculty Assessment Chair by  
September 4**



1. Name of course: Stretch/Stress
2. Name of individual(s) compiling report: Kelley Cowley
3. Date of submission: Sept. 10, 2021
4. Academic year: 2020-2021

## 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?

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? (2021-2022)

The student will develop relaxation techniques to help reduce stress and relieve anxiety by practicing controlled breathing and using guided imagery during class sessions.

### 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.

## 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, because of the continued COVID-19 pandemic, this course was offered in an online only format as well as face to face. Because of this, I will have to change my assessment going forward. Students cannot measure their range of flexibility on their own because of equipment limitations and the possibility of incorrect data reporting.

## 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?

The findings for the face to face classes:

- 63% increased in range of motion
- 33% remained the same
- 4% 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 upcoming academic year? Explain.

I have chosen to assess CLO #2. This CLO can be assessed through a reflection paper in both the face to face and online classes.