

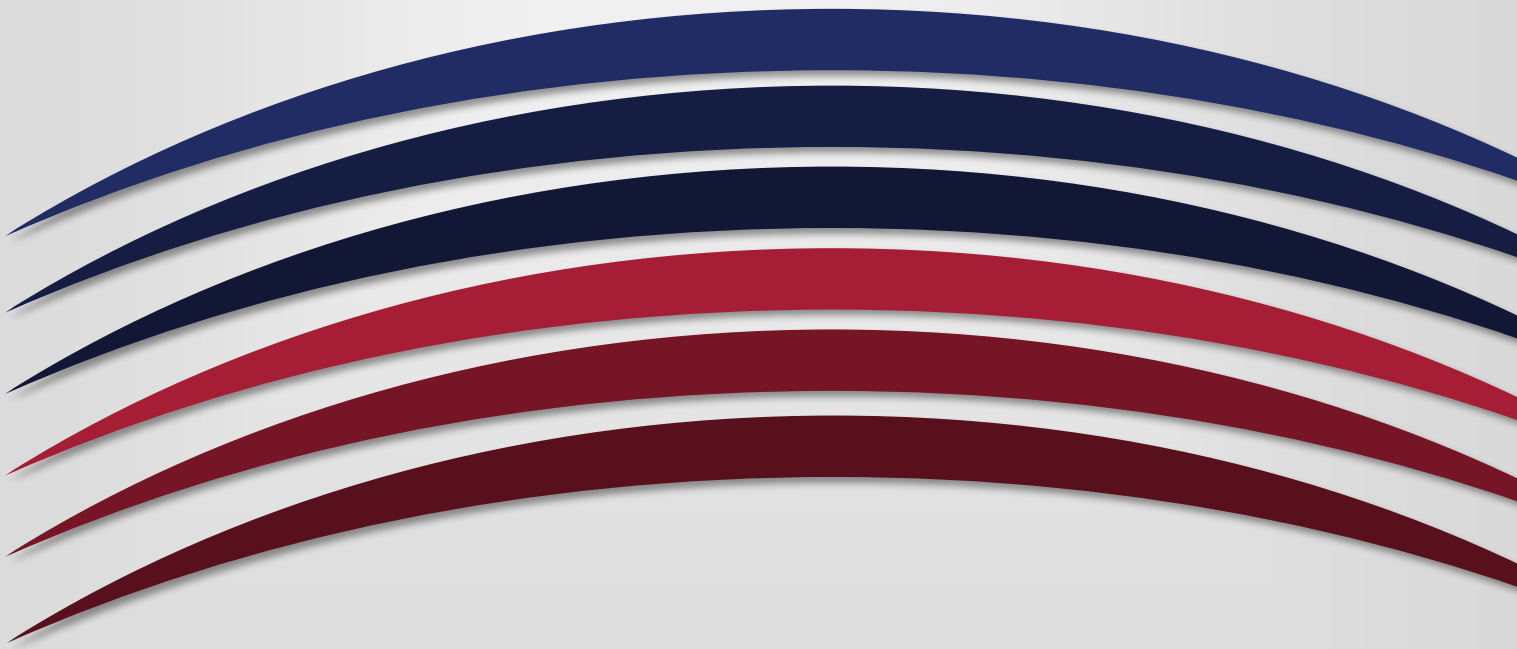
UNIVERSITY OF ARKANSAS  
**PULASKI TECH**

**Course-Level Assessment Report**

**Course: EDPA 1119**

**Academic Year: 2020-2021**

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



1. Name of course: Zumba
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 recognize the importance of cardiovascular health as it relates to overall physical health.
2. The student will apply the basic principles of an effective cardiovascular class to weekly workouts.
3. The student will develop better cardiovascular health and endurance through participation in Zumba class.

### 2. Which CLOs were addressed for this academic year?

The student will develop better cardiovascular health and endurance through participation in Zumba class.

### 3. Which CLOs are being addressed in your assessment plan next academic year? (2021-2022)

The student will develop better cardiovascular health and endurance through participation in Zumba class.

### 4. Explain the assessment cycle.

The students are assessed on cardiovascular fitness 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 by running/walking 1 mile and the time of completion is recorded. This is a direct assessment.

### 6. What are the assessment goal(s), including benchmarks?

The assessment goal is for 65% of students to show a 15% (or more) decrease in the time it took them to run or walk 1 mile on the second test at the end of the semester.

### 7. What were the findings for this academic year?

The findings for the Spring 2021 (class did not make Fall 2020):

67% who decreased by 15% or more in 1-mile time

28% decreased by less than 15% in 1-mile time

5% no decrease or increase in 1-mile time

### 8. What is your analysis of the findings?

Two thirds of my students decreased their 1-mile time by 15% or more. This was accomplished by regular class attendance and hard work. Of the students who decreased their mile time by less than 15%, 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 continue to assess CLO #3 for 21-22. The 65% proficiency goal was met, so I will increase the proficiency goal to 70%.