

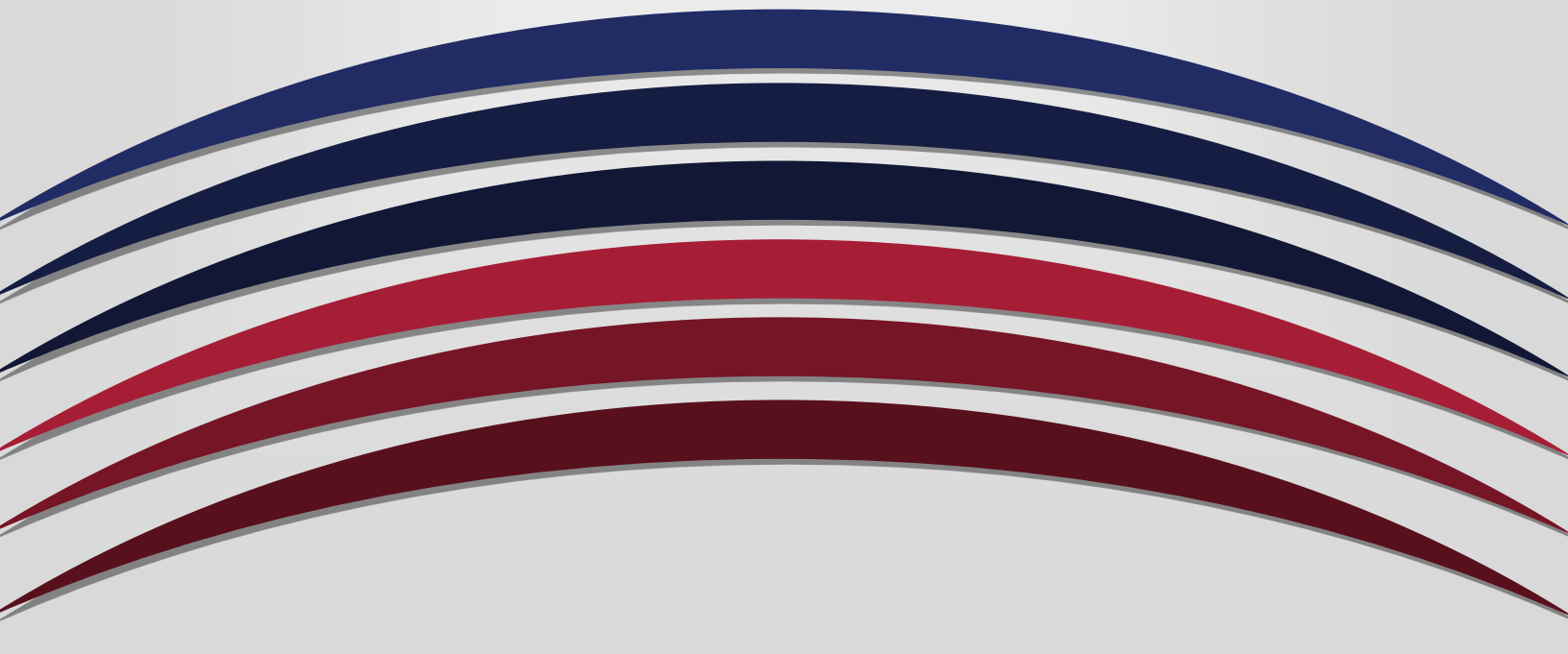
UNIVERSITY OF ARKANSAS  
**PULASKI TECH**

**Course-Level Assessment Report**

**Course: EDPA 1107**

**Academic Year: 2021-2022**

**Due to Chair/Program Director and Faculty Assessment Chair by  
September 1**



1. Name of course: Stretch/Stress
2. Name of individual(s) compiling report: Kelley Cowley
3. Date of submission: Sept. 16, 2022
4. Academic year: 2021-2022

## Course-Level Learning Outcomes

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

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

### 2. Which CLOs were addressed for the 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 in the upcoming academic year?

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. How does this report connect or map to program-level or institutional-level outcomes?

This report connects to institutional-level outcome #4. Apply critical thinking skills to achieve a desired goal. The students use critical thinking (and repeated practice) to develop relaxation techniques to help reduce stress and relieve anxiety.

For each Course Level Outcome assessed this academic year, please complete the chart below, providing the assessment data for both fall and spring, and then a total for the academic year.

<p>Assessment Methods- How did you assess student learning (define direct assessment methods used) in relation to the course level outcome being reported?</p> <p><i>Note: If more than one assessment method was used, you may insert an additional row.</i></p>	<p>Students across all sections were tasked with writing a reflection paper. One portion of the paper required students to share techniques they found useful/helpful when learning how to relax.</p>	
<p>Were indirect assessment methods also used to assess students? If 'yes', please describe the method used.</p>		<p><b>No</b></p>
<p>How do you define success for an individual student on the CLO assessment assignment or measure?</p>	<p>Student scores in the proficient category of the rubric on the section of the paper linked to CLO #1.</p>	
<p>How do you define success for the course level outcome? What is the benchmark for the Course Level Outcome?</p>	<p>70% of students in the course score in the proficient category of the rubric on the section of the paper linked to CLO #1.</p>	

How many students completed the assessment, and how many were successful?	<b>Fall</b> 48 students assessed 41 successful (85% success rate)	<b>Spring</b> 14 students assessed 11 successful (79% success rate)
Academic Year Total (add the numbers from Fall and Spring)	62 students assessed 52 successful (84 % success rate)	
Was the benchmark/goal for this academic year met?	<b>Yes</b>	
Were standardized rubrics, tests, or checklists used?	<b>Yes</b>	

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

For CLO 1 Students were very successful in scoring in the proficient category on the rubric. Students were able to clearly convey techniques that they had learned and practiced both in and outside of class that helped them relax and reduce stress.

## 6. What is the action plan for the upcoming academic year?

### Explain.

Now that this course has returned fully back to face to face (post pandemic), I will assess CLO #3 - The student will develop increased flexibility and range of motion through participation in class stretching activities.