

## Fall 16 & Spring 17 Athletic Department P,R & I statements for SLO #3

SLO #3 Demonstrate quantitative and technological literacy, especially computer literacy, for interpreting data, reasoning, and problem solving.

### Process

In P.E. 118 weight training students demonstrate quantitative and technological literacy by completing exams online via BlackBoard. Quizzes along with the midterm and final exam are designed to assess a student's comprehension of course SLO's. Additionally these technological assessments measure their ability to organize, deduce and contemplate with regards to problem solving. Furthermore students use a variety of cardiovascular machines that are technologically integrated. Lastly the fitness center has a computerized body mass index indicator. (BMI)

### Results

All students possessed the technical savvy needed to complete assessments via the utilization of computer technology. The average score for exams was 78% which demonstrates their comprehension of course SLO's and their ability to prove this knowledge through technological means. Moreover students displayed computer literacy on the cardiovascular machines by monitoring their heart rates, calories burned, and distanced traveled/stairs climbed. Learners took the initiative during the semester by tracking and documenting their BMI percentages.

### Improvements

Adjustment will be made in the curriculum that will enhance the learners' use of technology with regards to fitness training. Additional course work utilizing computers will be implemented by having learners

use technology to determine individualized caloric intake needs. Furthermore learners will deduce how to develop a personal training regimen using both convention and technological methods. Moreover students will learn about the new technology of fitness watches and how they can be used to track activity, self-assess and promote health. Lastly the internet we be employed as a way to observe proper technique with regards to a variety of fitness exercises.