

**Course Assessment Report
Washtenaw Community College**

Discipline	Course Number	Title
Yoga (new)	101	YOG 101 12/19/2019- Yoga I
Division	Department	Faculty Preparer
Health Sciences	Health Science	Tatianah Thunberg
Date of Last Filed Assessment Report		

I. Review previous assessment reports submitted for this course and provide the following information.

1. Was this course previously assessed and if so, when?

No

2. Briefly describe the results of previous assessment report(s).

3.

4. Briefly describe the Action Plan/Intended Changes from the previous report(s), when and how changes were implemented.

5.

II. Assessment Results per Student Learning Outcome

Outcome 1: Students will be able to articulate the basic yoga disciplines.

- Assessment Plan
 - Assessment Tool: departmental review of notebook created from in-class lecture and personal reflection regarding disciplines
 - Assessment Date: Winter 2013
 - Course section(s)/other population: 1 section
 - Number students to be assessed: 10-20
 - How the assessment will be scored: departmentally-developed rubric
 - Standard of success to be used for this assessment: Seventy-percent of all students score 60% or above on departmentally-developed rubric

- Who will score and analyze the data: full-time performing arts faculty will blind score

1. Indicate the Semester(s) and year(s) assessment data were collected for this report.

Fall (indicate years below)	Winter (indicate years below)	SP/SU (indicate years below)

2. Provide assessment sample size data in the table below.

# of students enrolled	# of students assessed
	20

3. If the number of students assessed differs from the number of students enrolled, please explain why all enrolled students were not assessed, e.g. absence, withdrawal, or did not complete activity.

According to the master syllabus, only one section needs to be assessed. Data is only available for one section during the Fall 2018 semester. Twenty-two students were enrolled in the section, but two students withdrew and did not complete the assessment tool.

4. Describe how students from all populations (day students on campus, DL, MM, evening, extension center sites, etc.) were included in the assessment based on your selection criteria.

Yoga is only taught face-to-face on campus. The section selected to assess was taught face-to-face during the morning.

5. Describe the process used to assess this outcome. Include a brief description of this tool and how it was scored.

The tool is a notebook. Over a 15-week course, students submitted ten weekly reflections on yoga philosophy, postures, breathing regulation and meditation learned in class. The student notebook entries were scored using departmental rubric. Students were scored on answering reflection questions based on readings that supplemented lecture in class. Students scored 60% or higher on the rubric if they showed an understanding of most of the concepts in question.

6. Briefly describe assessment results based on data collected for this outcome and tool during the course assessment. Discuss the extent to which students achieved this learning outcome and indicate whether the standard of success was met for this outcome and tool.

Met Standard of Success: Yes

17/20 students (or 85%) scored 60% or higher on this cumulative assignment.

In order to collect and display data efficiently and to utilize online learning tools, a notebook will be replaced with a Blackboard application for their reflections.

7. Based on your interpretation of the assessment results, describe the areas of strength in student achievement of this learning outcome.

16/20 students or 80% exceeded our goal of 60% and earned a 75% or higher on this cumulative assignment. They were able to complete the assignment in a timely manner and transfer their knowledge to the practical learning objectives in the classroom, measured by their performance on other assessments.

8. Based on your analysis of student performance, discuss the areas in which student achievement of this learning outcome could be improved. If student met standard of success, you may wish to identify your plans for continuous improvement.

4/20 students or 20% underperformed by not turning in their reflections. The weight of the grade for this assignment was 10% of their final grade, and these students opted to forego these points. Moving forward we have increased the weight of this grade to motivate student involvement.

Outcome 2: Students will be able to demonstrate basic yoga postures.

- Assessment Plan
 - Assessment Tool: departmental review of videotape
 - Assessment Date: Winter 2013
 - Course section(s)/other population: 1 section
 - Number students to be assessed: 10-20
 - How the assessment will be scored: departmentally-developed rubric
 - Standard of success to be used for this assessment: Seventy-percent of all students score 60% or above on departmentally-developed rubric
 - Who will score and analyze the data: full-time performing arts faculty will blind score

1. Indicate the Semester(s) and year(s) assessment data were collected for this report.

Fall (indicate years below)	Winter (indicate years below)	SP/SU (indicate years below)

2. Provide assessment sample size data in the table below.

# of students enrolled	# of students assessed
	15

3. If the number of students assessed differs from the number of students enrolled, please explain why all enrolled students were not assessed, e.g. absence, withdrawal, or did not complete activity.

According to the master syllabus, only one section needs to be assessed. Data is only available for one section during the Winter 2019 semester. While 16 students were enrolled in the semester, one student withdrew past the drop deadline. Of the 15 students who completed the course, 14 completed this assignment.

4. Describe how students from all populations (day students on campus, DL, MM, evening, extension center sites, etc.) were included in the assessment based on your selection criteria.

This course is held face-to-face on campus twice a week in the morning.

5. Describe the process used to assess this outcome. Include a brief description of this tool and how it was scored.

The tool was a video submitted by the students. A faculty-developed rubric was used to assess the assignment. There were two objectives: 1. Demonstrate a sequence of Hatha yoga postures learned during the semester and, 2. Discuss the application of Hatha yoga concepts learned earlier in the semester.

6. Briefly describe assessment results based on data collected for this outcome and tool during the course assessment. Discuss the extent to which students achieved this learning outcome and indicate whether the standard of success was met for this outcome and tool.

Met Standard of Success: Yes

14/15 students or 93% scored a 90% or higher. Students were expected to perform a sequence of Hatha yoga postures and discuss one topic regarding Hatha yoga philosophy as it pertained to their sequence, and they submitted a video for review.

7. Based on your interpretation of the assessment results, describe the areas of strength in student achievement of this learning outcome.

14/15 students exceeded the standards of this assignment by a 30% margin. This assignment demonstrated their capacity to practice what they learned in the classroom independently with great success.

- Based on your analysis of student performance, discuss the areas in which student achievement of this learning outcome could be improved. If student met standard of success, you may wish to identify your plans for continuous improvement.

Several students had a challenge uploading their video from their computer to Blackboard. If they submitted a YouTube link, there was no obstacle. Moving forward, students are encouraged to contact the Help Line to assist with uploading their video assignment on Blackboard.

III. Course Summary and Intended Changes Based on Assessment Results

- Based on the previous report's Intended Change(s) identified in Section I above, please discuss how effective the changes were in improving student learning.

N/A - there is no previous assessment.

- Describe your overall impression of how this course is meeting the needs of students. Did the assessment process bring to light anything about student achievement of learning outcomes that surprised you?

The majority of students enroll in this course to develop stress management tools while enrolled at WCC. This course is meeting and exceeding these student objectives. There is a percentage of students who complete this course and become interested in yoga as a professional path to pursue. At this time, a yoga teacher training program is not available at WCC and faculty refer students elsewhere. Developing a Yoga Alliance accredited program is under consideration.

- Describe when and how this information, including the action plan, was or will be shared with Departmental Faculty.

All materials are reviewed by the Department Chair. As a department, we have discussed our assessment results in person and in department meetings.

- Intended Change(s)

Intended Change	Description of the change	Rationale	Implementation Date
Outcome Language	Update in outcome language more specific to the course curriculum.	Language was vague.	2020
Assessment Tool	Tool shifted from instructor generated video and notebook	Capture data from all instructors and to streamline all Yoga	2020

	to exam questions, student project and student performance.	102 courses in the department.	
Objectives	Language more specific and accurate to course curriculum.	Language was vague and needed updating.	2020
Course Assignments	Students will now be assessed by an exam, project and presentation.	Faculty will no longer take video footage of students or collect student notebooks. Blackboard is a preferred mode of data collection.	2020
Course Materials (e.g. textbooks, handouts, on-line ancillaries)	Students will no longer need to purchase any materials for this course.	Books will be provided by the department. Special clothing and props are no longer needed.	2020

5. Is there anything that you would like to mention that was not already captured?

The data attached includes both Yoga 101 and 102 students who share the same Blackboard site and course. Please see the assessment and analysis that shows the correct population for Yoga 101. Yoga 102 data has been separated out.

III. Attached Files

[Video Assessment](#)
[Notebook Assessment](#)

Faculty/Preparer: Tatianah Thunberg **Date:** 01/13/2020
Department Chair: Rene Stark **Date:** 01/13/2020
Dean: Valerie Greaves **Date:** 01/13/2020
Assessment Committee Chair: Shawn Deron **Date:** 08/25/2020