

## **OAD MOEX07**

### **Student Learning Outcome (SLO) for Mobility Through Exercise – Physical Fitness Using Music to Enhance Skill Development**

#### **Equipment Required:**

- tape measure
- chair
- stopwatch

#### **TWO-MINUTE MARCHING STEP (measures aerobic endurance)**

Sitting straight in their chair students march in place for two minutes by lifting knees up one at a time. If the student needs to rest, they can stop and begin again when they can, but do not go over two minutes. Record the number of times the student's right knee comes up.

#### **CHAIR SIT-AND-REACH (measures lower-body flexibility)**

Sit on the chair edge with one foot flat on the floor (knee bent 90 degrees) and the other leg extended with the foot flexed and toe pointing up. Slowly reach forward, bending at the hips with one hand on top of the other. Try to touch the toes of your extended leg, but don't bounce or stretch to the point of pain. Measure the distance in inches to the nearest ¼ inch from the tips of the middle fingers to the top of the shoe. Do this twice, and record the better score.

OAD MOEX07 Reference # \_\_\_\_\_ Instructor: \_\_\_\_\_

Total number of students completing 2 test rotations \_\_\_\_\_

Instructor Signature: \_\_\_\_\_ Date \_\_\_\_\_

	<b>Endurance</b>	<b>Flexibility</b>
<b>Total Increase</b>		
<b>Total Maintain</b>		
<b>Total Decrease</b>		



**SLOs/AUOs** SLOs/AUOs are a means of evaluating and validating area/program effectiveness. Created and assessed by

Note: *Student Learning Outcomes* (SLOs) are expressed in statements of what students will be able to think, know, do, or feel because of a given educational experience. The purpose of this assessment process is to improve student learning.

## Mount San Antonio College

Department/Unit: Older Adults (Community Education)

Recorded by SLOs/AUOs Team Coordinator:     Mary Lange    

**Administrative Unit Objectives (AUOs) Assessment Model: The purpose of this assessment process is to improve the unit’s service.**

College Mission: It is the mission of Mt. San Antonio College:

- ★ To provided accessible and affordable quality learning opportunities in response to the needs and interest of individuals and organizations.
- ★ To provide quality transfer, career, and lifelong learning programs that prepare students with the knowledge and sills needed for success in an interconnected world. To advance the State and region’s economic growth and global competitiveness through education, training and services that contribute to continuous workforce improvement

Intended Outcomes (SLOs)	Means of Assessment and Criteria for Success	Summary of Data Collected	Use of Results
<ol style="list-style-type: none"> <li>1. The students in Mobility Through Exercise – Physical Fitness using Music to Enhance Skill Development classes will at least maintain their individual levels of endurance.</li>   <li>2. The students in Mobility Through Exercise – Physical Fitness using Music to Enhance Skill Development classes will at least maintain their individual levels of flexibility.</li> </ol>	<ol style="list-style-type: none"> <li>1. All students in Mobility Through Exercise – Physical Fitness using Music to Enhance Skill Development classes will take the same class-appropriate endurance test at two points in a semester (beginning and end). An observer will note each students’ number of repetitions. 50% of the students will at least maintain their individual level of endurance as noted on record sheets maintained in class by the instructor. Instructors will turn the records into the program supervisor at the end of each semester for collation of results.</li>   <li>2. All students in Mobility Through Exercise – Physical Fitness using Music to Enhance Skill Development classes will take the same class-appropriate flexibility test at two points in a semester (beginning and end). An observer will note each students’ flexibility reach to the nearest ¼ inch while using the chair sit-and-reach test. The number will be noted by the instructor on record sheets. 50% of the students will at least maintain their individual levels by semester end as noted on record sheets maintained in class by the instructor. Instructors will turn the records into the program supervisor at the end of each semester for collation of results.</li> </ol>		

**OAD EDSE04**

## **Student Learning Outcome (SLO) for Lifelong Learning for Older Adults**

Tests required:

- Long term memory and cognitive skills test
- Short term memory test

OAD EDSE04 Reference # \_\_\_\_\_ Instructor: \_\_\_\_\_

Total number of students completing 2 test rotations \_\_\_\_\_

Instructor Signature: \_\_\_\_\_ Date \_\_\_\_\_

	<b>Short term memory</b>	<b>Long term/ cognitive</b>
<b>Total Increase</b>		
<b>Total Maintain</b>		
<b>Total Decrease</b>		



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## Mount San Antonio College

### Department/Unit: Older Adults (Community Education)

**Recorded by SLOs/AUOs Team Coordinator:** Mary Lange

**Administrative Unit Objectives (AUOs) Assessment Model: The purpose of this assessment process is to improve the unit’s service.**

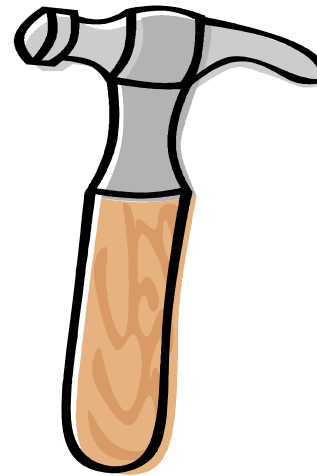
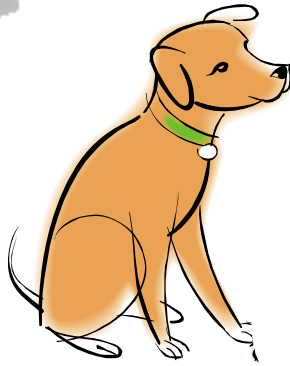
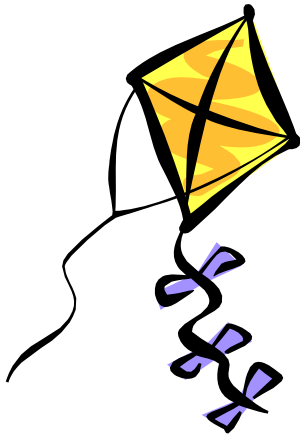
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Intended Outcomes (SLOs)	Means of Assessment and Criteria for Success	Summary of Data Collected	Use of Results
<ol style="list-style-type: none"> <li>1. The students in the Lifelong Learning for Older Adults classes will at least maintain their individual level of short term memory.</li> <li>2. The students in Lifelong Learning for Older Adults classes will at least maintain their individual level of long term memory.</li> </ol>	<ol style="list-style-type: none"> <li>1. All students in Lifelong Learning for Older Adults classes will take the same class-appropriate short term memory skills test at two points in a semester (beginning and end). The instructor will note each student’s score. 50% of the students will at least maintain their individual level of short term memory as noted on record sheets maintained in class by the instructor. Instructors will turn the records into the program supervisor at the end of each semester for collation of results.</li> <li>2. All students in Lifelong Learning for Older Adults classes will take the same class-appropriate long term memory skills test at two points in a semester (beginning and end). The instructor will note each student’s score. 50% of the students will at least maintain their individual level of short term memory as noted on record sheets maintained in class by the instructor. Instructors will turn the records into the program supervisor at the end of each semester for collation of results.</li> </ol>		

## Short Term Memory Test

Study the items on this page for 90 seconds. Then write down the words of all the pictures you can remember on another page.





**Student** \_\_\_\_\_

List items:

<b>1</b>	
<b>2</b>	
<b>3</b>	
<b>4</b>	
<b>5</b>	
<b>6</b>	
<b>7</b>	
<b>8</b>	
<b>9</b>	
<b>10</b>	

**Student:** \_\_\_\_\_

1. What year is it? \_\_\_\_\_

2. What season is it? \_\_\_\_\_

3. What month is it? \_\_\_\_\_

4. What day of the week is it? \_\_\_\_\_

5. What is today's date? \_\_\_\_\_

6. Who is the current U.S. President? \_\_\_\_\_

7. Who are the previous 3 U.S. Presidents? \_\_\_\_\_

\_\_\_\_\_

8. What is the address of the last place you lived? \_\_\_\_\_

\_\_\_\_\_

Give the names of the following items:

