

PACT: In the 19-20 school year we assessed DLG1: Demonstrate basic knowledge of rules and/or skills needed to be successful in physical activity classes (content knowledge). Instructors discussed their student's knowledge in a group meeting and assessed their student's overall knowledge of rules and skills in their class. Because COVID brought on numerous challenges the instructors sometimes had a difficult time assessing if students had complete knowledge of the rules and skills in the 2nd semester due to the classes being discontinued.

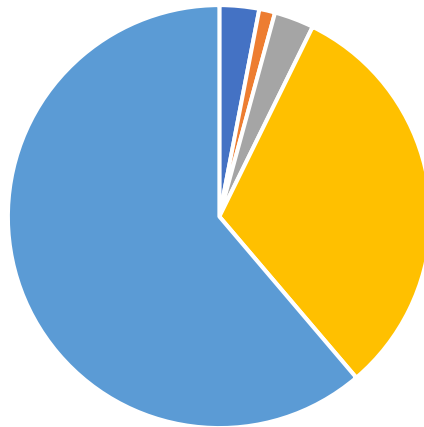
Overall, instructors said that students who attended regularly had an understanding of the rules and skills involved in the activity. Furthermore, most showed correct placement of body and had excellent form during movements. Last instructors agreed that students emerged throughout the semester in performing exercises well.

One consensus that instructors had in terms of knowledge and skills learned is that if students missed consecutive classes due to excused or unexcused absences, they had a hard time catching up on knowledge learned in class while they were gone. This led to a small percentage of students in class not having little to no knowledge of skills or rules. It was determined that between 90-95% of students met or exceeded instructor expectations which was directly related to attendance in class.

Rules	Students understand the rules involved with the skill/activity.	Students understand some of the rules involved in the skill/activity.	Student has no knowledge of the rules involved in the skill/activity.
Technique/Form	Student shows proper placement of body and has excellent form throughout all movements.	Student shows mostly proper placement of the body and has good form throughout most of the movements.	Student displays poor form and technique in all movements.
Knowledge of exercise/activity	Student knows all exercises and performs them exceptionally well.	Student knows most exercises and is average on performance level.	Student doesn't appear to have retained knowledge of the exercises/activity.

In the survey students filled out at the end of the semester students were indirectly assessed on the learning goal. The findings are below:

My PACT course helped me gain basic knowledge of rules/skills needed to perform the activity.



■ Strongly Disagree ■ Disagree ■ Neither agree nor disagree ■ Agree ■ Strongly Agree