

PACT: In the 20-21 school year we assessed DLG2: Students demonstrate a strong awareness of bodies through movements and techniques performed in class. For this purpose, instructors examined each student and how their technique/form, knowledge of exercise/activity, focus/energy, and personal and social responsibility/safety. These results would determine if the students were conscious and connected to their own bodies both physically and mentally. Instructors discussed this learning goal in a group meeting and individual meeting with Jennifer McCracken. Then each of the instructors filled out a form for their students examining the categories above.

Due to the COVID restrictions placed on campus and within our state instructors had to make some of these assessments through virtual instruction. Students were required to have their computer camera turned on during class so that the activity was monitored for safety and to increase overall engagement within the class. Despite this, it was extremely difficult for instructors to monitor form, body placement, and overall movement.

Overall, instructors said that students who were doing onsite learning improved their body awareness physically and mentally. It was mentioned through the surveys and through the meetings that students had a hard time adjusting at the beginning of the semester because they felt uncomfortable working out on screen. Although unavoidable to maintain safety, the instructors stated that students were unable to fully enhance their overall body awareness because of space constraints at home the first semester and because of facial coverings the second semester. They felt that the students could have and increased their amount of body awareness in a “normal” semester.

	Categorized by	Categorized by	Categorized by
<b>Technique/Form</b>	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.
<b>Knowledge of exercise/activity</b>	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.
<b>Focus/Energy</b>	Student performs exercise fully focused and demonstrates a strong energy level.	Student is partially focused and performs with some energy.	Student is not focused during activity and has no energy level in class.
<b>Personal and Social Responsibility and Safety</b>	Student participates with self-direction and attention to detail in the activity. Student participates safely and demonstrates self-control and respect for the positive and safe experience of others.	Student participates with some direction to detail and safety with self and others.	Student has no attention to detail and performs aimlessly and has little regard to others safety.

#### Meetings:

Group meetings were done via Zoom in the Fall Semester

Tiffany Crow in person 1:30pm 5/3/21

Tony Marleneanu via phone 10:15am 5/5/21

Raley Nance in person 11:30am 5/5/21

Reagan Goins in person 9:00am 5/6/21

Kelly Trimble in person 11:00am 5/6/21

Renee Rader in person 1:15pm 5/11/21

For the indirect assessment we evaluated the responses of the students on the following questions:

My PACT course increased my level of enjoyment for physical activity.

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

My PACT instructor discussed proper form and safety for this PACT course.

In addition to this, comments that the students left were examined to determine if students felt that they gained a stronger awareness of their body through their PACT course. Unfortunately, there was a glitch in the computer system per Nora Simmons in which the reports could not be pulled therefore there is no data to report on.