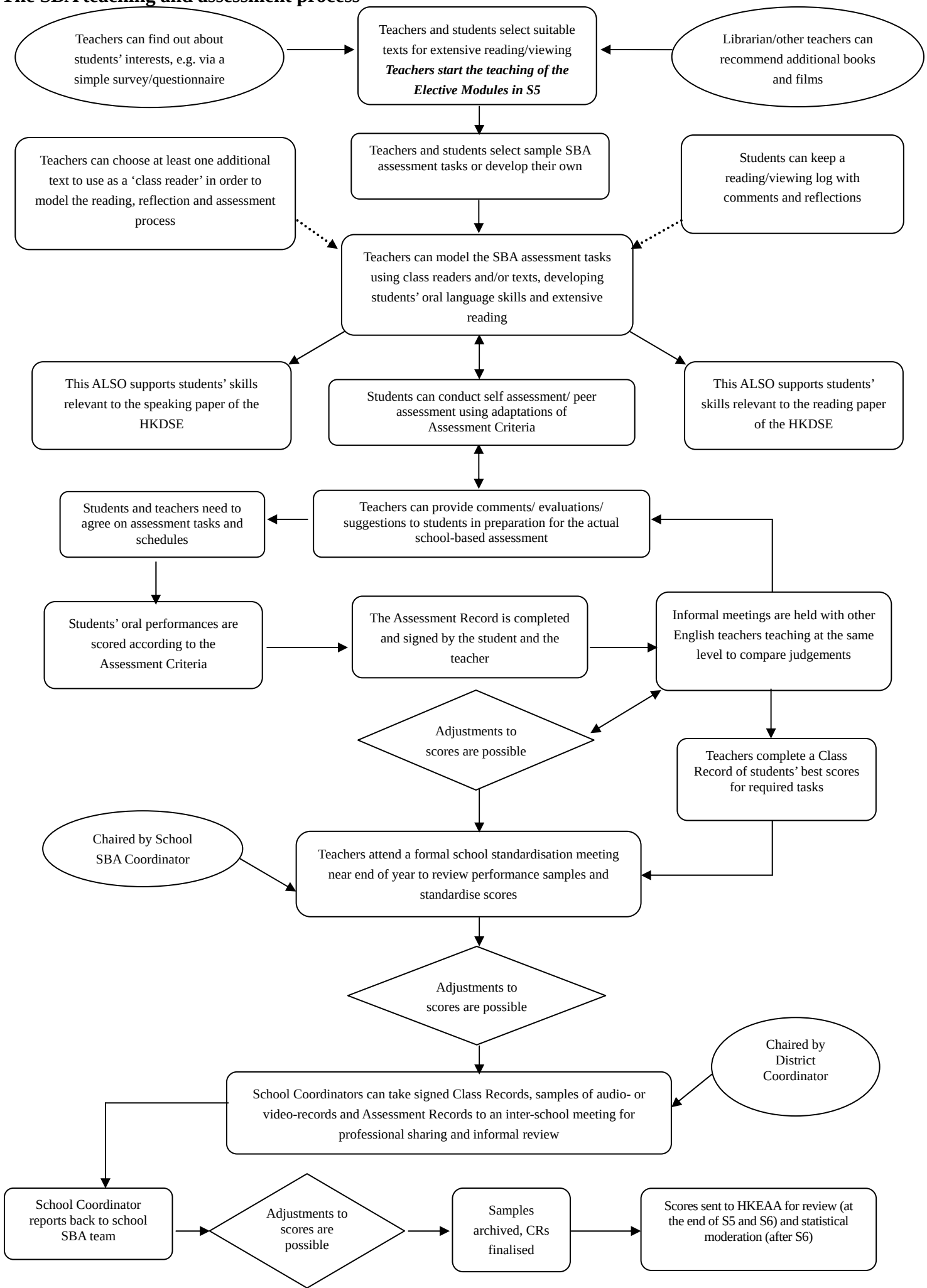The SBA teaching and assessment process