

| Health Sciences and Athletics Institutional (ILO), Program (PLO), and Course (SLO) Alignment | | | | | | | | | | | |
|---|----------------------|---|--------------------------------------|--------------------------------------|---|---|----|-----|----|---|----|
| Program Adaptive Physical Education | | | Number of Courses 6 | | Date Updated 2.15.13 | Submitted by Russell Serr Ext. 3811 Mark Lipe Ext. 3810 | | | | | |
| Institutional SLOs | I. Content Knowledge | II. Critical, Creative, and Analytical Thinking | III. Communication and Comprehension | IV. Professional and Personal Growth | V. Community and Collaboration | VI. Information and Technology Literacy | | | | | |
| Program Rating | 4 | 3 | 2 | 3 | 1 | 1 | | | | | |
| Program Level SLOS | | | | | | ILOs to PLOs Alignment (Rate 1-4) | | | | | |
| | | | | | | I | II | III | IV | V | VI |
| During class, student will independently demonstrate their personalized exercise program relative to the elements of physical fitness and/or will exhibit improved skills in aquatic and bowling activities. Students will utilize sound exercise principles or skill strategies to facilitate an improvement with specific course related goals. Students will understand the benefits of the exercises and/or activities. If appropriate, students will utilize adapted equipment to enhance their personalized goals that are meaningful to one's abilities and limitations. | | | | | | 4 | 3 | 2 | 4 | 1 | 1 |
| Course Level SLOs | | | | | Course to Program SLO Alignment Mark with an X | ILOs to Course SLOs Alignment (Rate 1-4) | | | | | |
| | | | | | P1 | I | II | III | IV | V | VI |
| PE 400abcd Adapted Strength Training: Adapted Fitness: During a final exam, students will define and differentiate the components of physical fitness with an understanding of benefits and exercise training strategies. | | | | | X | 4 | 2 | 2 | 2 | 2 | 1 |
| PE 401abcd Adapted Strength Training: During class, student will be given a particular muscle and will be asked to demonstrate a corresponding dynamic strengthening exercise utilizing proper guidelines with (1) breathing, (2) postural positioning, and (3) movement to ensure muscle isolation, maximum resistance and safety. | | | | | X | 4 | 3 | 2 | 2 | 2 | 1 |
| PE 402abcd Adapted Swimming and Hydroexercise During a written examination, student will identify hydroexercise principles related to surface area, speed of movement, turbulence and buoyancy and their effect on resistance when exercising in the water. | | | | | X | 4 | 2 | 2 | 3 | 2 | 1 |

| Course Level SLOs | Course to Program SLO Alignment Mark with an X | ILOs to Course SLOs Alignment (Rate 1-4) | | | | | |
|--|---|--|----|-----|----|---|----|
| | P1 | I | II | III | IV | V | VI |
| PE 404abcd Adapted Cardiovascular Fitness: During a written examination, students will be able to accurately determine one's target exercise heart rate for cardiovascular exercise with a full understanding of its applications and limitations. | X | 4 | 3 | 2 | 2 | 2 | 1 |
| PE 407abcd Adapted Bowling: During a final examination, student will demonstrate the process of accurately keeping score in bowling. | X | 4 | 3 | 2 | 2 | 2 | 1 |
| PE 409abcd Adapted Yoga Students will develop more self-awareness and demonstrate the appropriate individualized adaptation of a series of poses and breathing techniques in a safe, focused and calm manner upon hearing a verbal instruction from the instructor. | X | 4 | 3 | 2 | 2 | 2 | 1 |