

Health Sciences and Athletics Institutional (ILO), Program (PLO), and Course (SLO) Alignment											
Program Kinesiology Fitness and Wellness			Number of Courses 31		Date Updated 2.15.13		Submitted by Gene Engie Ext. 3671				
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	2	2	3	2	1					
Program Level SLOS						ILOs to PLOs Alignment (Rate 1-4)					
						I	II	III	IV	V	VI
1. Students will demonstrate an understanding and appreciation of physical activities and their relationship to wellness and fitness.						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 1abcd Body Conditioning and Physical Fitness: SLO #1 In small groups of three demonstrate as shown the correct lifting technique for 5 upper body free weight exercises.					X	4	2	2	3	2	1
PE 1abcd Body Conditioning and Physical Fitness: SLO # 2 Students will evaluate their own results from standard tests of health related fitness using reference values for age and gender.					X	3	4	2	3	2	1
PE 1abcd Body Conditioning and Physical Fitness: SLO #3 Student will demonstrate advancement in personal cardiovascular fitness.					X	4	2	2	3	2	1
PE 2abcd Walking for Fitness: SLO #1. Students will evaluate their own results from standard tests of health related fitness using reference values for age and gender.					X	4	2	2	4	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 3abcd Boot Camp Fitness Training: SLO #2 Students will acquire knowledge about the fitness components that are positively affected by a boot camp fitness program by participating in assessments at the beginning of the semester and again at the end of the semester to determine improvement.	X	4	2	2	4	2	1
PE 4abcd Basketball: Student will demonstrate proficient free throw shooting through examination.	X	4	2	2	4	2	1
PE 7abcd Baseball: SLO #1 Student will demonstrate proficiency and accuracy in batting.	X	4	2	2	3	2	1
PE 7abcd Baseball: SLO #2 Student will demonstrate proficiency in fielding of their appropriate position in baseball.	X	4	2	2	3	2	1
PE 14abcd Boxing: Based upon observation and practical exams, teacher and student will evaluate striking techniques for execution, speed and power and then refine techniques for maximum personal application and highest improvement.	X	3	4	2	3	2	1
PE 47abcd Introduction to Indoor Rock Climbing: At the conclusion of this course, students will understand and apply fundamental skill components of belay technique and basic rock climbing hand and foot work positions.	X	4	2	2	4	3	1
PE 54abcd Weight Training: Students will evaluate their own results from standard tests of health related fitness using reference values for age and gender.	X	4	3	2	3	2	1
PE 74abcd Soccer: Student will demonstrate the task of proficiency in an appropriate kick from a specified area of the playing field in an attempt to score a goal.	X	4	2	2	4	2	1
PE 101abcd Introduction to Exercise & Physical Activity: Students will evaluate their own results from standard tests of health related fitness using reference values for age and gender.	X	3	4	2	3	2	1
PE 102abcd Exercise and Physical Activity: Students' will demonstrate a safe standing balance exercise (e.g. tandem or semi-tandem stance) while incorporating strategies to challenge their visual, vestibular, and somatosensory systems thus creating an balance exercise program that is more challenging and more likely to improve one's ability to balance.	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 135abcd Sport-Specific, Periodized Training for Athletes: Student will demonstrate advancement in personal cardiovascular fitness.	X	4	2	2	3	2	1
PE 204abcd Badminton: SLO #1 Student will demonstrate proficiency and accuracy in badminton serving. Student will demonstrate skill in bat control through accuracy in hitting to assigned areas and types of swing.	X	4	2	2	3	2	1
PE 204abcd Badminton: SLO# 2 Student will demonstrate proficiency in assortment of overhead match shots.	X	4	2	2	3	2	1
PE 208abcd Bowling: During a final examination, student will demonstrate the process of accurately keeping score in bowling.	X	4	2	4	3	2	1
PE 220abcd Naginata: A Japanese Martial Art: Upon Japanese verbal commands from the instructor, students will utilize a Naginata (pole arm) and demonstrate appropriate offensive and defensive tactics to specific target areas while exhibiting mental focus, self discipline and self confidence.	X	4	2	2	3	3	1
PE 221abcd Defense Tactics: Based upon observation and practical exams, teacher and student will evaluate striking techniques for execution, speed and power and then refine techniques for maximum personal application and highest improvement.	X	4	2	2	3	2	1
PE 224abcd Golf: Student will demonstrate accuracy in driving a golf ball.	X	4	2	2	3	2	1
PE 232abcd Racquetball: Students will understand and apply fundamental skill components of basic racquetball strokes.	X	4	2	2	3	2	1
PE 238abcd PE 239 Slow Pitch Softball SLO#1 Student will demonstrate proficiency in fielding of their appropriate position in softball.	X	4	2	2	3	2	1
PE 238abcd PE 239 Slow Pitch Softball SLO #2 Student will demonstrate proficiency and accuracy in batting.	X	4	2	2	3	2	1

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	P1	I	II	III	IV	V	VI
PE 240abcd Beginning Swimming: Students will demonstrate advancement in beginning swimming skills.	X	4	2	2	3	2	1
PE 241abcd Intermediate/Advanced Swimming: Students will complete a 500 yard swim in their choice of stroke, for time.	X	4	2	2	3	2	1
PE 242 Swimming, Lifeguard Training: Students will demonstrate appropriate lifesaving rescues, first aid and CPR skills as would be required to work at swimming pools and waterfront (non-ocean) environments. Students will perform basic water rescues for active drowning, passive drowning and submerged victims. Students will recognize and respond to spinal injuries which occur on land or in the water. Students will recognize and respond to spinal injuries which occur on land or in the water. Students will demonstrate proper response to breathing emergencies, both conscious and unconscious for infant, children and adults. Students will respond to the first aid emergencies that most commonly occur at swimming pools and waterfronts (non-ocean).	X	4	2	2	3	2	1
PE 243abcd Swimming, Water Safety Instructor: Students will be prepared to teach swimming lessons to a diverse population of all ages and pass the certification requirements for the American Red Cross Water Safety Instructor Certificate.	X	4	2	2	3	2	1
PE 244abcd Springboard Diving: Students will participate in a mock diving contest to apply their acquired skills to a competitive situation.	X	4	2	2	3	2	1
PE 245abcd Water Aerobics: Students will participate in a 12 minute walk test in the water to assess levels of aerobic fitness and evaluate improvements in fitness	X	3	4	2	3	2	1
PE 246abcd Swimming for Fitness: Student will demonstrate advancement in personal cardiovascular conditioning.	X	4	2	2	3	2	1
PE 250abcd Techniques of Surfboard Riding: Prone paddle a surfboard out through the 1st break of surf, select a rideable wave, catch said wave and ride it to shore while standing up.	X	4	2	2	3	2	1
PE 251abcd Tennis: Students will understand and apply fundamental skill components of basic tennis strokes.	X	3	4	2	3	2	1
PE 253abcd Volleyball: Student will demonstration accuracy in volleyball passing off the serve.	X	4	2	2	3	2	1

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	P1	I	II	III	IV	V	VI
PE 256abcd Yoga for Health and Fitness: SLO #1 Students will evaluate their own results from standard tests of health related fitness using reference values for age and gender.	X	3	4	2	3	2	1
PE 256abcd Yoga for Health and Fitness: SLO #2 Students will acquire knowledge about the fitness components that are positively affected by a Hatha Yoga Practice by participating in an assessment at the beginning of the semester, and again at the end of the semester to determine improvement.	X	4	2	2	3	2	1
PE 300abcd Aerobic Fitness: SLO#1 Students will evaluate their own results from standard tests of health related fitness using reference values for age and gender.	X	3	4	2	3	2	1
PE 300abcd Aerobic Fitness: SLO #2 Student will demonstrate advancement in personal cardiovascular fitness.	X	4	2	2	3	2	1
PE 302 Step Aerobics: Students will evaluate their own results from standard tests of health related fitness using reference values for age and gender.	X	3	4	2	3	2	1