

HEALTH SCIENCES AND ATHLETICS

Institutional (ILO), Program (PLO), and Course (SLO) Alignment

Program: Adapted P.E.		Number of Courses: 7	Date Updated: 09.15.2014	Submitted by: R. Serr, ext. 3811			
ILOs	1. Critical Thinking <i>Students apply critical, creative and analytical skills to identify and solve problems, analyze information, synthesize and evaluate ideas, and transform existing ideas into new forms.</i>	2. Communication <i>Students effectively communicate with and respond to varied audiences in written, spoken or signed, and artistic forms.</i>	3. Community and Personal Development <i>Students are productive and engaged members of society, demonstrating personal responsibility, and community and social awareness through their engagement in campus programs and services.</i>	4. Information Literacy <i>Students determine an information need and use various media and formats to develop a research strategy and locate, evaluate, document, and use information to accomplish a specific purpose. Students demonstrate an understanding of the legal, social, and ethical aspects related to information use.</i>			
SLO-PLO-ILO ALIGNMENT NOTES: <i>Mark boxes with an 'X' if: SLO/PLO is a major focus or an important part of the course/program; direct instruction or some direct instruction is provided; students are evaluated multiple times (and possibly in various ways) throughout the course or are evaluated on the concepts once or twice within the course.</i> <i>DO NOT mark with an 'X' if: SLO/PLO is a minor focus of the course/program and some instruction is given in the area but students are not formally evaluated on the concepts; or if the SLO/PLO is minimally or not at all part of the course/program.</i>							
PLOs				PLO to ILO Alignment <i>(Mark with an X)</i>			
				1	2	3	4
PLO #1 Fitness and Skill Development Student in Adapted Physical Education courses will improve their fitness and/or skill development.						X	
PLO #2 Proper Strategies Students will identify proper exercises and training strategies to enhance fitness and safety.				X			
PLO #3 Benefits of Exercise Students will describe the benefits of exercise relative to each component of fitness.				X			

SLOs	SLO to PLO Alignment <i>(Mark with an X)</i>			COURSE to ILO Alignment <i>(Mark with an X)</i>			
	P1	P2	P3	1	2	3	4
PE 201 Introduction to Adapted Physical Education: SLO #1 ROM Students will demonstrate proper technique when performing Range of Motion exercises.	X			X		X	
PE 201 Introduction to Adapted Physical Education: SLO #2 Appropriate Exercise Students will identify appropriate exercise routines for students with various disabilities.		X					
PE 201 Introduction to Adapted Physical Education: SLO #3 Contraindications Students will identify contraindications of exercise for specific disability groups.		X					
PE 400 Adapted Fitness: SLO #1 Components Students will define the components of physical fitness and the methodology to improve each component.	X		X	X		X	
PE 400 Adapted Fitness: SLO #2 Benefits Students will describe the benefits regular exercise.			X				
PE 400 Adapted Fitness: SLO #3 Body Composition Students will identify strategies to estimate and improve body composition.		X	X				
PE 401 Adapted Strength Training: SLO #1 Appropriate Resistance Students will identify appropriate resistance exercises for specific muscle groups.		X		X			
PE 401 Adapted Strength Training: SLO #2 Training Principles Students will describe various training principles and strategies to improve muscle endurance and muscle strength.		X					
PE 401 Adapted Strength Training: SLO #3 Benefits Students will describe the benefits of resistance exercise training.			X				
PE 402 Adapted Swimming and Hydroexercise: SLO #1 Variances Students will identify how variances in surface area, speed of movement, turbulence, and buoyancy effects resistance when exercising in the water.		X		X			
PE 402 Adapted Swimming and Hydroexercise: SLO #2 Skills Students will identify effective swimming skills related to the kick, arm action, and breathing.		X					
PE 402 Adapted Swimming and Hydroexercise: SLO #3 Buoyancy Students will differentiate what factors affect one's buoyancy when swimming in the water.		X					
PE 404 Adapted Cardiovascular Fitness: SLO #1 Target Heart Rate Students will calculate one's target exercise heart rate for cardiovascular exercise and identify its applications and limitations.		X		X		X	
PE 404 Adapted Cardiovascular Fitness: SLO #2 Intensity Students will estimate exercise intensity for improving cardiovascular fitness.		X					
PE 404 Adapted Cardiovascular Fitness: SLO #3 Demonstrate Improvement Students will demonstrate improvement in cardiovascular fitness.	X						

SLOs	SLO to PLO Alignment <i>(Mark with an X)</i>			COURSE to ILO Alignment <i>(Mark with an X)</i>			
	P1	P2	P3	1	2	3	4
PE 407 Adapted Bowling: SLO #1 Keeping Score Students will demonstrate the process of keeping score.	X	X		X		X	
PE 407 Adapted Bowling: SLO #2 Spare Strategies Students will identify the appropriate strategies for executing various spare shots.		X					
PE 407 Adapted Bowling: SLO #3 Terminology and Etiquette Students will explain proper bowling terminology and lane etiquette.		X					
PE 409 Adapted Yoga: SLO #1 Skill Students will develop more self-awareness and demonstrate the appropriate individualized adaptation of a series of poses and breathing techniques.	X			X		X	
PE 409 Adapted Yoga: SLO #2 Fitness Students will identify the wellness/fitness components that are positively affected by a Yoga Practice.			X				
PE 409 Adapted Yoga: SLO #3 Benefits Students will define Yoga and describe its personal benefits and adaptation strategies.		X	X				