

HEALTH SCIENCES AND ATHLETICS

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

Program: Kinesiology Athletics		Number of Courses: 43	Date Updated: 11.17.2014	Submitted by: Russell 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:							
<p><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></p> <p><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></p>							
PLOs				PLO to ILO Alignment <i>(Mark with an X)</i>			
				1	2	3	4
PLO #1 Sportsmanship, Decorum and Rules Students-athletes will demonstrate awareness and implement a thorough understanding of campus, state and national intercollegiate athletic playing rules, values and decorum standards.				X		X	
PLO #2 Scholar Baller Student-athletes will demonstrate and assess academic and athletic achievement through sound practices, guidance, testing and efficient educational planning. The importance of incorporating improvement in athletic skills and academic performance together is utilized to achieve optimal student-athlete goals.				X		X	
PLO #3 Skill Development Students will demonstrate the acquisition of skill and tactical knowledge to perform appropriately in relation to their position and their chosen athletic program.						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 105abc Women's Intercollegiate Basketball Team: Women's Intercollegiate Water Polo Team Student/Athletes demonstrate improvement in their court related running speed.			X	X		X	
PE 105abc Women's Intercollegiate Basketball Team: SLO #2 Strategies Students will describe various offensive/defensive strategies.			X				
PE 105 abc Women's Intercollegiate Basketball Team: SLO #3 Data Students will utilize statistical data to analyze their performance.		X					
PE 106 abc Off-Season Training for Women's Intercollegiate Basketball Team: SLO #1 Fitness Identify the five components of physical fitness and describe how they relate to the development of basketball performance.			X				
PE 106 abc Off-Season Training for Women's Intercollegiate Basketball Team: SLO #2 Skill Related Fitness Students will demonstrate improvement's in skill related fitness components.			X				
PE 106 abc Off-Season Training for Women's Intercollegiate Basketball Team: SLO #3 Strategies Students will describe various offensive/defensive strategies.			X				
PE 110 abc Women's Intercollegiate Volleyball Team: SLO #1 Rules The student athlete will identify eligibility rules that govern the sport of volleyball by the CCCAA.	X			X		X	
PE 110 abc Women's Intercollegiate Volleyball Team: SLO #2 Sportsmanship The student athlete will utilize appropriate sportsmanship during practices and competition.	X						
PE 110 abc Women's Intercollegiate Volleyball Team: SLO #3 Fitness Student will demonstrate improvement in cardiovascular fitness.			X				
PE 111 abc Off-Season Training for Women's Intercollegiate Volleyball: SLO #1 Passing The student will demonstrate accuracy in volleyball passing off the serve.			X			X	
PE 111 abc Off-Season Training for Women's Intercollegiate Volleyball: SLO #2 Fitness Student will demonstrate improvement in cardiovascular fitness.			X				
PE 111 abc Off-Season Training for Women's Intercollegiate Volleyball: SLO #3 Hitting Approach Student will demonstrate and explain the basic fundamentals of a hitting approach.			X				
PE 120 abc Women's Intercollegiate Softball Team: SLO #1 Fielding Student will demonstrate proficiency in fielding of their appropriate position in softball.			X	X		X	
PE 120 abc Women's Intercollegiate Softball Team: SLO #2 Fitness Students will demonstrate improvement in the cardio respiratory endurance component of fitness.			X				
PE 120 abc Women's Intercollegiate Softball Team: SLO #3 Sportsmanship Students will define and apply acceptable levels of sportsmanship during competition.	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 121 abc Off-Season Training for Women’s Intercollegiate Softball Team: SLO #1 Fielding Student will demonstrate proficiency in the fielding of their appropriate position.			X	X		X	
PE 121 abc Off-Season Training for Women’s Intercollegiate Softball Team: SLO #2 Fitness Students will demonstrate improvement in the cardio respiratory endurance component of fitness.			X				
PE 121 abc Off-Season Training for Women’s Intercollegiate Softball Team: SLO #3 Rules and Strategy Students will identify basic rules and strategy within the sport.	X						
PE 132abc Women’s Intercollegiate Badminton Team: SLO #1 High Serve Student will develop and demonstrate proficiency and accuracy in the high, deep service, predominately used in badminton singles game.			X	X		X	
PE 132abc Women’s Intercollegiate Badminton Team: SLO #2 Low “short” Service Students will develop and demonstrate proficiency and accuracy in the low, short backhand service, predominately, but not exclusively, used in badminton doubles matches.			X				
PE 132abc Women’s Intercollegiate Badminton Team: SLO #3 Rules Student will apply the “Laws of Badminton”, and explain the rules and regulations covering the sport.	X						
PE 133abc Off-Season Training for Women’s Intercollegiate Badminton Team: SLO #1 Forehand Overhead Clear Student will be able to develop and demonstrate the forehand overhead clear to both the backhand and forehand corners of the badminton.			X			X	
PE 133abc Off-Season Training for Women’s Intercollegiate Badminton Team: SLO #2 Forehand, Overhead Drop Shot Students will develop and demonstrate the forehand, overhead, and drop shot from both deep corners of the badminton court.			X				
PE 133abc Off-Season Training for Women’s Intercollegiate Badminton Team: SLO #3 Forehand Underhand Clear Student will develop and demonstrate the understand clear, (forehand) from a drop shot to the net, returning the shot deep, to the back of their opponents court.			X				
PE 15abc Men’s Intercollegiate Basketball Team: SLO #1 Speed Students/Athletes will demonstrate improvement in their court related running speed.			X	X		X	
PE 15abc Men’s Intercollegiate Basketball Team: SLO #2 Strategies Students will describe various offensive/defensive strategies.			X				
PE 15abc Men’s Intercollegiate Basketball Team: SLO #3 Performance Students will utilize statistical data to analyze their performance.		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 16abc Off-Season Training for Men's Intercollegiate Basketball Team: SLO #1 Fitness Identify the five components of physical fitness and describe how they relate to the development of basketball performance.			X				
PE 16abc Off-Season Training for Men's Intercollegiate Basketball Team: SLO #2 Skill Related Fitness Students will demonstrate improvement's in skill related fitness components.			X			X	
PE 16abc Off-Season Training for Men's Intercollegiate Basketball Team: SLO #3 Strategies Students will describe various offensive/defensive strategies.			X				
PE 20abc Intercollegiate Cross Country Team: SLO #1 Demonstrate Improvement Student will demonstrate an improvement in her 5,000m run time following a cardiovascular training program.			X				
PE 20abc Intercollegiate Cross Country Team: SLO #2 Periodization Student will explain how periodization applies to her season cardiovascular training program.			X	X		X	
PE 20abc Intercollegiate Cross Country Team: SLO #3 Rules Student will explain NCAA rules that apply to cross country invitational and championship competition in California Community College and NCAA cross country.	X						
PE 21abc Off-Season Training for Intercollegiate Cross Country Team: SLO #1 5000m Time Student will demonstrate an improvement in her 5,000m run time following a six-week cardiovascular training program.			X				
PE 21abc Off-Season Training for Intercollegiate Cross Country Team: SLO #2 Rules Student will explain NCAA rules that apply to cross country competition.	X			X		X	
PE 21abc Off-Season Training for Intercollegiate Cross Country Team: SLO #3 Strength Training Student will explain the importance of strength training in an off-season program.			X				
PE 233abc Pep Squad: SLO #1 Basic Cheer Motions Students will demonstrate basic cheer motions with proper form jumps and performance skills.			X				
PE 233abc Pep Squad: SLO #2 Conditioning Students will demonstrate improvements in muscular endurance and flexibility.			X			X	
PE 233abc Pep Squad: SLO #3 Routines Students will identify and demonstrate appropriate half time routines, timeout cheers, and band dances.			X				
PE 234abc Off-Season Training for Pep Squad: SLO #1 Basic Cheer Motions Students will demonstrate basic cheer motions with proper form jumps and performance skills.			X				
PE 234abc Off-Season Training for Pep Squad: SLO #2 Competitive Strategies Identify offensive and defensive strategies as practiced within competitive situations.			X			X	
PE 234abc Off-Season Training for Pep Squad: SLO #3 Collaborative Work Demonstrate collaborative work with partner team mates in competitive situations.			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 35abc Men's Intercollegiate Football Team: SLO #1 Skill Demonstration Student will demonstrate the specific skills needed for successful participation in intercollegiate football.			X	X		X	
PE 35abc Men's Intercollegiate Football Team: SLO #2 Terminology Student will be able to identify the terminology of either the offensive or defensive system of play and demonstrate the understanding during practice.			X				
PE 35abc Men's Intercollegiate Football Team: SLO #3 Identify Rules Student will identify the rules of play that pertain to their specific skill position.	X						
PE 36abc Off-Season Training for Men's Intercollegiate Football Team: SLO #1 Skill Demonstration Student will demonstrate the proper technique of the skills need his specific position on the football team.			X	X		X	
PE 36abc Off-Season Training for Men's Intercollegiate Football Team: SLO #2 Evaluate Performance Student will evaluate his performance and determine areas of personal improvement.		X	X				
PE 36abc Off-Season Training for Men's Intercollegiate Football Team: SLO #3 Understanding Terminology Student will describe the basic terminology of either the offensive or defensive system.			X				
PE 45abc Men's Intercollegiate Golf Team: SLO #1 Driving Students will demonstrate proficiency in driving a golf ball.			X			X	
PE 45abc Men's Intercollegiate Golf Team: SLO #2 Chipping Students will demonstrate proficiency in chipping a golf ball.			X				
PE 45abc Men's Intercollegiate Golf Team: SLO #3 Rules and Etiquette Students will identify the rules of golf and explain proper etiquette.			X				
PE 46abc Off-Season Training for Men's Intercollegiate Golf Team: SLO #1 Putting Students will demonstrate proficiency in putting a golf ball.			X	X		X	
PE 46abc Off-Season Training for Men's Intercollegiate Golf Team: SLO #2 Driving Accuracy Player will demonstrate accuracy in driving a golf ball.			X				
PE 46abc Off-Season Training for Men's Intercollegiate Golf Team: SLO #3 Rules and Etiquette Students will identify the rules of golf and explain proper etiquette.	X						
PE 57abc Intercollegiate Swimming Team: SLO #1 Stroke Count Student will compare stroke count with time to provide a measure of efficiency.			X	X		X	
PE 57abc Intercollegiate Swimming Team: SLO #2 Turns Students will apply the rules and demonstrate legal backstroke turns.	X		X				
PE 57abc Intercollegiate Swimming Team: SLO #3 Racing Start Demonstrate correct form in a racing start to be used in competition.			X				

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	P1	P2	P3	1	2	3	4
PE 58abc Off-Season Training for Intercollegiate Swimming Team: SLO #1 Stroke Count Student will compare stroke count with time to provide a measure of efficiency.			X	X		X	
PE 58abc Off-Season Training for Intercollegiate Swimming Team: SLO #2 Turns Students will apply the rules and demonstrate legal backstroke turns.	X		X				
PE 58abc Off-Season Training for Intercollegiate Swimming Team: SLO #3 Form Student will demonstrate proper form and complete a 200 IM using all of the required strokes.			X				
PE 5abc Men's Intercollegiate Baseball Team: SLO #1 Fielding Student will demonstrate proficiency in fielding of their appropriate position in baseball.			X	X		X	
PE 5abc Men's Intercollegiate Baseball Team: SLO #2 Fitness Students will demonstrate improvement in the cardio respiratory endurance component of fitness.			X				
PE 5abc Men's Intercollegiate Baseball Team: SLO #3 Sportsmanship Students will define and apply acceptable levels of sportsmanship during competition.	X						
PE 60abc Women's Intercollegiate Soccer Team: SLO #1 Free Kick Student will demonstrate the task of proficiency in an appropriate free (direct) kick from a specified area of the playing field in an attempt to score a goal.			X			X	
PE 60abc Women's Intercollegiate Soccer Team: SLO #2 Wall Pass Students will demonstrate the task of proficiency in utilizing a "wall pass" to beat a man vs. man defense.			X				
PE 60abc Women's Intercollegiate Soccer Team: SLO #3 Short Corner Kick Student will explain and demonstrate proficiency in performing a "short" corner kick with a team mate, and creating a scoring opportunity.			X				
PE 61abc Off-Season Training for Women's Intercollegiate Soccer Team: SLO #1 Instep Passing and Shooting Student will demonstrate the task of proficiency in volleying the soccer ball with the instep of both feet, in the skill of passing and shooting on goal.			X	X		X	
PE 61abc Off-Season Training for Women's Intercollegiate Soccer Team: SLO #2 Defensive Heading Students will demonstrate their proficiency in performing "defensive" heading, from soccer balls fed in to the penalty box from offensive players.			X				
PE 61abc Off-Season Training for Women's Intercollegiate Soccer Team: SLO #3 Defensive Wall Student will demonstrate how to set up a defensive wall to prevent a scoring opportunity from a direct free kick and be able to explain how many defenders are required in the defensive wall, depending on the location of the kick.	X		X				

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PE 65abc Intercollegiate Soccer Team: SLO #1 Strategies Student's will analyze an opponent's strengths and weaknesses and recognize suitable strategies in a competitive situation.			X				
PE 65abc Intercollegiate Soccer Team: SLO #2 Use of Spin Students will execute topspin, under spin and side spin and utilize these spins both offensively and defensively in competition.			X			X	
PE 65abc Intercollegiate Soccer Team: SLO #3 Tennis Specific Conditioning Students will identify and apply skill related components of fitness such as agility, power, speed and reaction necessary to compete at an advanced level of tennis.			X				
PE 66abc Off-Season Training for Intercollegiate Soccer Team: SLO #1 Tennis Stroke Components Students will identify fundamental components of tennis strokes that are necessary to perform at an advanced level and determine practice strategies for improvement.			X				
PE 66abc Off-Season Training for Intercollegiate Soccer Team: SLO #2 Tennis Stroke Skills Students will demonstrate tennis stroke components and execute the strokes with a consistency necessary to perform at an advanced level.			X			X	
PE 66abc Off-Season Training for Intercollegiate Soccer Team: SLO #3 Tennis Specific Conditioning Students will identify and demonstrate tennis related fitness components such as aerobic and anaerobic conditioning at a level necessary to compete with advanced players.			X				
PE 6abc Off-Season Training for Men's Intercollegiate Baseball: SLO #1 Fielding Student will demonstrate proficiency in the fielding of their appropriate position.			X				
PE 6abc Off-Season Training for Men's Intercollegiate Baseball: SLO #2 Fitness Students will demonstrate improvement in the cardio respiratory endurance component of fitness.			X	X		X	
PE 6abc Off-Season Training for Men's Intercollegiate Baseball: SLO #3 Rules and Strategy Students will identify basic rules and strategy within the sport.	X						
PE 70abc Men's Intercollegiate Soccer Team: SLO #1 Free Kick Student will demonstrate the task of proficiency in an appropriate free (direct) kick from a specified area of the playing field in an attempt to score a goal.			X				
PE 70abc Men's Intercollegiate Soccer Team: SLO #2 Wall Pass Students will demonstrate the task of proficiency in utilizing a "wall pass" to beat a man vs. man defense.			X			X	
PE 70abc Men's Intercollegiate Soccer Team: SLO #3 Short Corner Kick Student will explain and demonstrate proficiency in performing a "short" corner kick with a team mate, and creating a scoring opportunity.			X				
PE 71abc Off-Season Training for Men's Intercollegiate Soccer Team: SLO # Instep Passing and Shooting Student will demonstrate the task of proficiency in volleying the soccer ball with the instep of both feet, in the skill of passing and shooting on goal.			X			X	

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	P1	P2	P3	1	2	3	4
PE 71abc Off-Season Training for Men's Intercollegiate Soccer Team: SLO #2 Defensive Heading Students will demonstrate their proficiency in performing "defensive" heading, from soccer balls fed in to the penalty box from offensive players.			X				
PE 71abc Off-Season Training for Men's Intercollegiate Soccer Team: SLO #3 Defensive Wall Student will demonstrate how to set up a defensive wall to prevent a scoring opportunity from a direct free kick and be able to explain how many defenders are required in the defensive wall, depending on the location of the kick.			X				
PE 75abc Intercollegiate Track and Field Team: SLO #1 Skills Evaluation Student will demonstrate and evaluate the specific skills needed for successful participation in track and field.			X				
PE 75abc Intercollegiate Track and Field Team: SLO #2 Periodization Student will explain how periodization applies to his/her season strength, speed, and/or cardiovascular training program.			X	X		X	
PE 75abc Intercollegiate Track and Field Team: SLO #3 Rules Student will explain NCAA rules that apply to track & field invitational and championship competition in California Community College and NCAA track and field.	X						
PE 76abc Off-Season Training for Intercollegiate Track and Field Team: SLO #1 Skill Evaluation Student will demonstrate and evaluate the specific skills needed for successful participation in track and field.			X				
PE 76abc Off-Season Training for Intercollegiate Track and Field Team: SLO #2 Rules Student will explain NCAA rules that apply to track and field competition.	X			X		X	
PE 76abc Off-Season Training for Intercollegiate Track and Field Team: SLO #3 Importance of Off Season Training Student will explain the importance of strength training and cardiovascular conditioning in an off-season track and field program.			X				
PE 80abc Men's Intercollegiate Volleyball Team: SLO #1 Rules The student athlete will identify eligibility rules that govern the sport of volleyball by the CCCAA.	X						
PE 80abc Men's Intercollegiate Volleyball Team: SLO #2 Sportsmanship The student athlete will utilize appropriate sportsmanship during practices and competition.	X			X		X	
PE 80abc Men's Intercollegiate Volleyball Team: SLO #3 Fitness Student will demonstrate improvement in cardiovascular fitness.			X				
PE 81abc Off-Season Training for Men's Intercollegiate Volleyball Team: SLO #1 Passing The student will demonstrate accuracy in volleyball passing off the serve.			X				
PE 81abc Off-Season Training for Men's Intercollegiate Volleyball Team: SLO #2 Fitness Student will demonstrate improvement in cardiovascular fitness.			X			X	
PE 81abc Off-Season Training for Men's Intercollegiate Volleyball Team: SLO #3 Hitting Approach Student will demonstrate and explain the basic fundamentals of a hitting approach.			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 85abc Men's Intercollegiate Water Polo Team: SLO #1 Passing Student will demonstrate passing with a partner using the eggbeater kick.			X				
PE 85abc Men's Intercollegiate Water Polo Team: SLO #2 Group Shooting Student will demonstrate efficiency and speed in a group shooting drill using the goal covering "sniper".			X				
PE 85abc Men's Intercollegiate Water Polo Team: SLO #3 Strategies Student will identify strategies for scoring in an "extra man" situation and be able to demonstrate appropriate skills in various positions.			X			X	
PE 86abc Off-Season Training for Men's Intercollegiate Water Polo Team: SLO #1 Passing Student will demonstrate passing with a partner using the eggbeater kick.			X				
PE 86abc Off-Season Training for Men's Intercollegiate Water Polo Team: SLO #2 Group Shooting Student will demonstrate efficiency and speed in a group shooting drill using the goal covering "sniper".			X				
PE 86abc Off-Season Training for Men's Intercollegiate Water Polo Team: SLO #3 Strategies Student will identify strategies for scoring in an "extra man" situation and be able to demonstrate appropriate skills in various positions.			X			X	
PE 87abc Women's Intercollegiate Water Polo Team: SLO #1 Passing Student will demonstrate passing with a partner using the eggbeater kick.			X				
PE 87abc Women's Intercollegiate Water Polo Team: SLO #2 Group Shooting Student will demonstrate efficiency and speed in a group shooting drill using the goal covering "sniper".			X				
PE 87abc Women's Intercollegiate Water Polo Team: SLO #3 Strategies Student will identify strategies for scoring in an "extra man" situation and be able to demonstrate appropriate skills in various positions.			X			X	