

HEALTH SCIENCES AND ATHLETICS
Institutional (ILO), Program (PLO), and Course (SLO) Alignment

Program: Kinesiology		Number of Courses: 42	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>			
	<p>SLO-PLO-ILO ALIGNMENT NOTES:</p> <p>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.</p> <p>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.</p>						
PLOs				PLO to ILO Alignment			
				<i>(Mark with an X)</i>			
				1	2	3	4
PLO #1 Fitness and Wellness Students will demonstrate an understanding and appreciation of physical activities and their relationship to wellness and fitness.						X	
PLO #2 Critical Thinking Students will apply the knowledge and skills in the field of kinesiology to think critically in examining issues and solving problems associated with their chosen sub discipline.				X			
PLO #3 Skill Development Students will demonstrate improved specific skills related to their sport or activity.						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
	CH 1 Personal and Community Health Issues: SLO #1 Components Students will define the 5 components of physical fitness and explain how to improve each component.	X	X				
CH 1 Personal and Community Health Issues: SLO #2 Warning Signs of Cancer The student will identify the seven warnings signs of cancer.		X		X		X	
CH 1 Personal and Community Health Issues: SLO #3 Risk Factors of CV Disease The student will identify the risk factors of cardiovascular disease.		X					
CH 3 Drugs and Alcohol in Society: SLO #1 Identify Symptoms Student will identify the signs and symptoms of Alcoholism.		X					
CH 3 Drugs and Alcohol in Society: SLO #2 Dysfunctional Family Student will analyze the characteristics of dysfunctional family and their relationship to drug addiction.		X		X			
CH 3 Drugs and Alcohol in Society: SLO #3 Psychoactive Drugs Student will identify the five categories of psychoactive drugs.		X					
CH 5 Contemporary Women's Health: SLO #1 Reproductive label Students will label the structures of the female reproductive system and identify the functions of each structure on a test with 80% accuracy.		X					
CH 5 Contemporary Women's Health: SLO #2 Contraception In a written report, students will identify five methods of contraception and correctly compare and contrast each method in terms of how it prevents pregnancy, overall effectiveness, and ease of use, cost and side effects with 80% accuracy.		X		X			
CH 5 Contemporary Women's Health: SLO #3 History Students will Identify the important events in the history of the women's social movement in America and women's health on a written test with 80% accuracy.		X					
FAID 1 First Aid, Cardiopulmonary Resuscitation (CPR) and Basic Emergency Care: SLO #1 Red Cross Certification Students will demonstrate correct procedures in Cardiopulmonary Resuscitation and Automated External Defibrillation to achieve American Red Cross Certification.		X	X				
FAID 1 First Aid, Cardiopulmonary Resuscitation (CPR) and Basic Emergency Care: SLO #2 Choking Student will recognize signs of conscious choking and utilize appropriate methods to clear the airway.		X	X	X		X	
FAID 1 First Aid, Cardiopulmonary Resuscitation (CPR) and Basic Emergency Care: SLO #3 Bleeding Student will recognize and evaluate a bleeding emergency and take appropriate measures to control the bleeding.		X	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 10 Body Conditioning and Physical Fitness: SLO #1 Lifting Techniques Students will demonstrate the correct lifting technique for upper body free weight exercises.	X		X	X		X
PE 10 Body Conditioning and Physical Fitness: SLO #2 Evaluate Fitness Test Results Students will evaluate their own results from standard tests of health related fitness using reference values for age and gender.		X					
PE 10 Body Conditioning and Physical Fitness: SLO #3 Cardiovascular Fitness Student will demonstrate advancement in personal cardiovascular fitness.	X						
PE 101 Physical Fitness and Aging: SLO #1 Evaluate Students will evaluate their own results from standard tests of health related fitness using reference value for age and gender.		X		X		X	
PE 101 Physical Fitness and Aging: SLO #2 Resistance and Stretching Students will demonstrate appropriate resistance and stretching exercises related to specific muscle groups.	X		X				
PE 101 Physical Fitness and Aging: SLO #3 Benefits and Limitations Students will describe the benefits and limitations of resistance exercise training relative to the physiological changes to muscle, bone, and spine with adult aging.		X					
PE 135ABC Sport-Specific, Periodized Training for Athletes: SLO #1 Endurance Student will assess current fitness levels in muscle endurance and develop programs to improve fitness level.		X		X		X	
PE 135ABC Sport-Specific, Periodized Training for Athletes: SLO #2 Sport Specific Student will identify conditioning techniques for a specific sport and evaluate progression in performance using a standardized testing procedure.		X	X				
PE 135ABC Sport-Specific, Periodized Training for Athletes: SLO #3 Strength Students will assess current fitness levels in muscle strength and develop programs to improve fitness level.		X					
PE 18 Boxing: SLO #1 Improved Endurance Students will demonstrate improvements in aerobic and anaerobic cardio respiratory endurance.	X					X	
PE 18 Boxing: SLO #2 Techniques Students will demonstrate at least three boxing techniques (routines).			X				
PE 18 Boxing: SLO #3 Sparring Students will demonstrate sparring to the body.			X				
PE 2 Walking for Fitness: SLO #1 Improved Fitness Students will demonstrate improvement in their Physical Fitness through an individualized fitness walking program.	X			X		X	
PE 2 Walking for Fitness: SLO #2 Exercise Heart Rates Students will utilize exercise training heart rates to monitor exercise intensity.		X	X				
PE 2 Walking for Fitness: SLO #3 Stretching Students will demonstrate and explain the value of static stretching exercises.	X	X					

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	P1	P2	P3	1	2	3	4
	PE 204 Badminton: SLO #1 Overhead Clear Students will demonstrate proficiency and accuracy in the overhead clear.			X			
PE 204 Badminton: SLO #2 Rules Students will identify the "Laws of the Game" and explain the rules and the regulations governing the sport.		X		X		X	
PE 204 Badminton: SLO #3 Overhead Smash Students will demonstrate proficiency and accuracy in the overhead smash.			X				
PE 208 Bowling: SLO #1 Keeping Score Students will demonstrate the process of keeping score.		X					
PE 208 Bowling: SLO #2 Spare Strategies Students will identify the appropriate strategies for executing various spare shots.		X	X	X		X	
PE 208 Bowling: SLO #3 Terminology and Etiquette Students will explain proper bowling terminology and lane etiquette.		X					
PE 217 Sports Officiating: SLO #1 Qualifications Student will identify the qualifications and duties required for becoming a sports official.		X					
PE 217 Sports Officiating: SLO #2 Rules and Mechanics Students will apply the basic rules and mechanics of officiating for a variety of sports.		X	X	X		X	
PE 217 Sports Officiating: SLO #3 Evaluate and Critique Students will evaluate a sports official and be able to provide detailed feedback/critique regarding the performance of that individual.		X					
PE 220 Naginata - A Japanese Martial Art: SLO #1 Demonstration Students will utilize a Naginata (pole arm) and demonstrate appropriate offensive and defensive tactics.			X				
PE 220 Naginata - A Japanese Martial Art: SLO #2 Identify Terminology Students will identify Japanese terminology related to Naginata.		X		X		X	
PE 220 Naginata - A Japanese Martial Art: SLO #3 Etiquette Students will demonstrate proper etiquette with the martial art of Naginata.			X				
PE 221 Combative Arts and Self Defense: SLO #1 Elbow Strikes Students will demonstrate the proper technique in the execution of four basic elbow strikes.			X				
PE 221 Combative Arts and Self Defense: SLO #2 Flexibility Students will demonstrate improvement in the flexibility component of fitness.	X			X		X	
PE 221 Combative Arts and Self Defense: SLO #3 Awareness Students will apply the concepts of awareness in their environment.		X					

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	PE 224 Golf: SLO #1 Driving Students will demonstrate proficiency in driving a golf ball.			X	X		X
PE 224 Golf: SLO #2 Putting Student will demonstrate proficiency in putting a golf ball.			X				
PE 224 Golf: SLO #3 Rules Students will identify the rules of golf and explain proper etiquette.		X					
PE 240 Beginning Swimming: SLO #1 Breathing The student will demonstrate swimming freestyle using correct breathing.			X				
PE 240 Beginning Swimming: SLO #2 Backstroke The student will demonstrate swimming on their back using either backstroke or elementary backstroke.			X				
PE 240 Beginning Swimming: SLO #3 Pool Safety The student will demonstrate water safety by jumping into the deep pool and safely getting back to the edge of the pool.	X		X				
PE 241 Intermediate/Advanced Swimming: SLO #1 500 Yard Swim The student will demonstrate improvement in a 500 yard swim.	X		X				
PE 241 Intermediate/Advanced Swimming: SLO #2 Technique The student will demonstrate good form and breathing technique while performing freestyle.			X				
PE 241 Intermediate/Advanced Swimming: SLO #3 Strokes The student will demonstrate competence in at least four different strokes.	X		X				
PE 244 Springboard Diving: SLO #1 Scoring Students will calculate scores of other students dive performance on a scale of 0-10.		X		X		X	
PE 244 Springboard Diving: SLO #2 Dive List Sheet Students will create a dive list sheet using a dive degree of difficulty table.		X					
PE 244 Springboard Diving: SLO #3 Demonstrate Students will demonstrate good form for a forward approach and dive.			X				
PE 245 Water Aerobics: SLO #1 CV Fitness Students will demonstrate improvements in cardiovascular fitness.	X						
PE 245 Water Aerobics: SLO #2 Flexibility Students will demonstrate improvements in flexibility.	X						
PE 245 Water Aerobics: SLO #3 Exercise Heart Rate Students will calculate and utilize exercise training heart rates to monitor exercise intensity.	X						

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	PE 247 Swimming, Lifeguard Training: SLO #1 Lifesaving Skills Students will demonstrate appropriate lifesaving skills for active drowning, passive drowning and submerged victims meeting the most recent standards set by the American Red Cross Lifeguard Training program.			X	X		X
PE 247 Swimming, Lifeguard Training: SLO #2 Breathing Emergencies Students will demonstrate proper technique in response to breathing emergencies, both conscious and unconscious for infant, children and adults.		X	X				
PE 247 Swimming, Lifeguard Training: SLO #3 Spinal Injuries Students will recognize spinal injuries which occur on land or in the water and perform the currently accepted techniques for emergency responders.		X	X				
PE 247 Swimming, Lifeguard Training: SLO #4 First Aid Students will demonstrate appropriate responses to the first aid emergencies that most commonly occur at swimming pools and non-ocean waterfronts.		X	X				
PE 248 Swimming, Water Safety Instructor: SLO #1 Lesson Plans Students will develop lesson plans to teach swimming skills and water safety to a diverse population.		X		X		X	
PE 248 Swimming, Water Safety Instructor: SLO #2 Age-appropriate Techniques Students will demonstrate age-appropriate techniques to teach swimming skills and water safety to both kids and adults.		X	X				
PE 248 Swimming, Water Safety Instructor: SLO #3 Workout Routines Students will create workout routines for water aerobics or fitness swimming by applying the principles of hydrodynamics and general fitness training fundamentals as applied to the aquatic environment.		X					
PE 249 Swimming for Fitness: SLO #1 CV Fitness Improvement Student will demonstrate improvement in cardiovascular endurance.	X			X		X	
PE 249 Swimming for Fitness: SLO #2 Stroke Technique Student will demonstrate ability to swim the competitive swim strokes with proper technique.			X				
PE 249 Swimming for Fitness: SLO #3 Swim Sets Student will identify written or verbal 'swim sets' by completing various assigned sets.	X	X	X				
PE 250 Techniques of Surfboard Riding: SLO #1 Paddling Students will demonstrate knee and prone paddling techniques.			X	X		X	
PE 250 Techniques of Surfboard Riding: SLO #2 Identify Wave Students will identify an appropriate wave to ride for their skill level.		X	X				
PE 250 Techniques of Surfboard Riding: SLO #3 Paddling Speed Students will demonstrate improvement in paddling speed.	X		X				

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	PE 251 Tennis: SLO #1 Rules Student will identify and explain the rules for the game of Tennis.		X				
PE 251 Tennis: SLO #2 Stroke Technique Student will demonstrate proper stroke technique for the forehand stroke and backhand stroke.			X	X		X	
PE 251 Tennis: SLO #3 Fitness Students will demonstrate an improvement in cardiovascular fitness.	X						
PE 253 Volleyball: SLO #1 Passing The student will demonstrate accuracy in volleyball passing off the serve.			X				
PE 253 Volleyball: SLO #2 Hitting Approach Student will demonstrate and explain the basic fundamentals of a hitting approach.		X	X	X		X	
PE 253 Volleyball: SLO #3 Rules and Strategies Students will identify and explain rules and strategies associated with the game of volleyball.		X					
PE 254 Aerobic Fitness: SLO #1 CV Endurance Students will demonstrate improvements in Cardiovascular Endurance.	X						
PE 254 Aerobic Fitness: SLO #2 Flexibility Improvement Students will demonstrate improvements in flexibility.	X			X		X	
PE 254 Aerobic Fitness: SLO #3 Body Composition Students will calculate their body fat percentage.		X					
PE 257 Yoga for Health and Fitness: SLO #1 Evaluate Fitness Test Results Students will evaluate their own results from standard tests of health related fitness using reference values for age and gender.		X					
PE 257 Yoga for Health and Fitness: SLO #2 Fitness Components and Hatha Yoga Students will demonstrate improvement and identify the fitness components that are positively affected by a Hatha Yoga Practice.	X	X		X		X	
PE 257 Yoga for Health and Fitness: SLO #3 Sun Salutation Students will demonstrate the poses of Sun Salutation A and explain the sequential order.			X				
PE 258 Power Vinyasa Yoga: SLO #1 Surya Namaskar Sequencing Students will explain the correct sequencing of postures in Surya Namaskar B.			X				
PE 258 Power Vinyasa Yoga: SLO #2 Improvement in Fitness Students will demonstrate improvements in the fitness components that are positively affected by a Power Yoga Practice.	X			X		X	
PE 258 Power Vinyasa Yoga: SLO #3 Breathing Students will describe the three Bandhas and Ujjayi Breathing used in Power Yoga.		X					

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	PE 259 Circuit Training: SLO #1 CV Improvement Students will demonstrate improvement of the cardiovascular system through the use of fat burning circuit training.	X					
PE 259 Circuit Training: SLO #2 Aerobic vs Anaerobic Students will distinguish the differences between the aerobic and anaerobic energy systems.		X		X		X	
PE 259 Circuit Training: SLO #3 Target Heart Rate Students will calculate their aerobic target heart rate.		X					
PE 260 Basic Principles of Fitness and Weight Control: SLO #1 Technique Students will demonstrate proper resistance training technique.			X				
PE 260 Basic Principles of Fitness and Weight Control: SLO #2 Nutrition and Fitness Plan Students will create a nutrition and fitness plan for an individual who has a goal of weight loss.		X		X		X	
PE 260 Basic Principles of Fitness and Weight Control: SLO #3 Strength Students will achieve improvement in upper and lower body strength.	X						
PE 270 Fitness and Sports Nutrition: SLO #1 Protein and Nutritional Supplements Student will identify effective protein and nutritional supplements for enhanced muscular recovery from exhaustive exercise.		X					
PE 270 Fitness and Sports Nutrition: SLO #2 Carbohydrate Supplements Student will identify effective carbohydrate supplements for pre-exhaustive, exhaustive, and post-exhaustive endurance training sessions.		X		X			
PE 270 Fitness and Sports Nutrition: SLO #3 Body Weight and Composition Student will design an effective strategy to achieve goal body weight and composition.		X					
PE 272 Care and Prevention of Athletic Injuries: SLO #1 Bandaging and Taping Students will demonstrate appropriate bandaging and taping skills for upper and lower extremities.		X	X				
PE 272 Care and Prevention of Athletic Injuries: SLO #2 Management Techniques Students will explain and justify common management techniques for athletic injuries.		X		X		X	
PE 272 Care and Prevention of Athletic Injuries: SLO #3 Emergency Plan Students will design and rehearse an emergency action plan.		X	X				
PE 274 Clinical Assessment and Management of Athletic Injuries: SLO #1 Emergency Management Students will describe the evaluation and emergency management of musculoskeletal injuries.		X					
PE 274 Clinical Assessment and Management of Athletic Injuries: SLO #2 Therapeutic Rehabilitation Students will design programs for strength, conditioning, and rehabilitation of injuries utilizing therapeutic modalities and therapeutic exercise.		X		X			
PE 274 Clinical Assessment and Management of Athletic Injuries: SLO #3 Policies and Procedures Students will describe policies and procedures an athletic trainer uses to ensure the health and welfare of the athletic population, while minimizing risk to the institution.		X					

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	<i>(Mark with an X)</i>			<i>(Mark with an X)</i>			
	P1	P2	P3	1	2	3	4
PE 275 Sport Psychology: SLO #1 Study vs. Experiment The student will describe the difference between a study and an experiment.		X		X			
PE 275 Sport Psychology: SLO #2 Motivation The student will compare and contrast intrinsic vs extrinsic motivation.		X					
PE 275 Sport Psychology: SLO #3 Goal Setting The student will describe the characteristics of effective goal setting.		X					
PE 277 Introduction to Kinesiology and Physical Education: SLO #1 Basic Concepts Students will identify and describe the basic concepts of Kinesiology.		X		X			
PE 277 Introduction to Kinesiology and Physical Education: SLO #2 Pathways Students will identify and describe the pathways and requirements for career opportunities in the field of Kinesiology or related field.		X					
PE 277 Introduction to Kinesiology and Physical Education: SLO #3 Foundations Students will identify and describe the historical, ethical and philosophical foundations of Kinesiology.		X					
PE 280 Exercise and Nutrition Programs for Fitness and Weight Management: SLO #1 Cardiopulmonary Fitness Students will evaluate their level of Cardiopulmonary Fitness and make training program design recommendations for improvement based on laboratory fitness test results and reference standards for age and gender.	X	X		X			
PE 280 Exercise and Nutrition Programs for Fitness and Weight Management: SLO #2 Muscle Endurance Students will assess current fitness levels in muscle endurance and develop programs to improve fitness levels.	X	X				X	
PE 280 Exercise and Nutrition Programs for Fitness and Weight Management: SLO #3 Caloric Intake Students will identify and apply principles of proper diet and nutrition systems when formulating caloric intake.		X					
PE 290 Personal Fitness Trainer: SLO #1 Technique Students will demonstrate proper resistance training technique.			X	X			
PE 290 Personal Fitness Trainer: SLO #2 Weight Loss Students will create a nutrition and fitness plan for an individual who has a goal of weight loss.		X				X	
PE 290 Personal Fitness Trainer: SLO #3 Strength Improvement Students will achieve improvement in upper and lower body strength.	X						
PE 3 Boot Camp Fitness Training: SLO #1 Muscles Students will identify muscles and which exercise targets each.		X		X			
PE 3 Boot Camp Fitness Training: SLO #2 Fitness Students will evaluate their fitness level, and demonstrate improvement in fitness.	X	X				X	
PE 3 Boot Camp Fitness Training: SLO #3 Demonstrate Exercises Students will demonstrate a variety of anaerobic and aerobic exercises.	X						

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	P1	P2	P3	1	2	3	4
	PE 4 Basketball: SLO #1 Dimensions Student will utilize a court diagram to identify the dimensions, boundaries, markings and positions on a collegiate basketball court.		X				
PE 4 Basketball: SLO #2 Offensive Techniques Student will execute and explain the introductory offensive techniques, such as pivoting, dribbling, passing and shooting.		X	X	X		X	
PE 4 Basketball: SLO #3 Defensive Principles Student will explain and execute man to man defensive principles.		X	X				
PE 47 Introduction to Indoor Rock Climbing: SLO #1 Belay Technique Students will apply fundamental skill components of specific belay technique in basic top rope climbing.			X				
PE 47 Introduction to Indoor Rock Climbing: SLO #2 Three-Foot and Hand Positions Students will demonstrate the 3-foot work and 3 hand positions critical in rock climbing.		X	X	X		X	
PE 47 Introduction to Indoor Rock Climbing: SLO #3 Improved Fitness Students will demonstrate improvement in one or all components in their pre and post fitness tests including: muscular endurance, muscle strength, balance, and body composition.	X						
PE 54 Weight Training: SLO #1 Assess Endurance and Develop Programs Student will assess current fitness levels in muscle endurance and develop programs to improve fitness level.	X	X					
PE 54 Weight Training: SLO #2 Anatomy and Movements Student will identify muscle anatomy and describe basic muscle movements.		X		X		X	
PE 54 Weight Training: SLO #3 Assess Strength and Develop Programs Students will assess current fitness levels in muscle strength and develop programs to improve fitness level.	X	X					
PE 7 Baseball: SLO #1 Rules Students will identify basic rules and strategy within the sport.		X					
PE 7 Baseball: SLO #2 Fielding Students will demonstrate proper fundamentals of fielding.		X		X		X	
PE 7 Baseball: SLO #3 Hitting Students will identify proper fundamentals of hitting.			X				
PE 74 Soccer: SLO #1 Free Kick Student will demonstrate attempting to score a goal from a direct free kick from a specified area of the playing field.			X				
PE 74 Soccer: SLO #2 Corner Kick Students will demonstrate in taking a corner kick and delivering the soccer ball into a specified target area in the penalty box.			X	X		X	
PE 74 Soccer: SLO #3 Laws of the Game Student will identify the "Laws of the Game" and explain the rules and the regulations governing the sport.		X					