

COURSE SLO ASSESSMENT 4-YEAR TIMELINE

Unit Name	Course SLO Assessment Cycle	Course ID	Course Name	Course SLO Title	Course SLO Statement
El Camino: Course SLOs (HSA) - Adapted PE	2013-14 (Spring 2014)	ECC: PE 400	Adapted Fitness	SLO #1 Components	Students will define the components of physical fitness and the methodology to improve each component.
	2013-14 (Spring 2014)	ECC: PE 401	Adapted Strength Training	SLO #1 Appropriate Resistance	Students will identify appropriate resistance exercises for specific muscle groups.
	2013-14 (Spring 2014)	ECC: 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.
	2013-14 (Summer 2014)	ECC: 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.
	2014-15 (Fall 2014)	ECC: PE 201	Introduction to Adapted Physical Education	SLO #2 Appropriate Exercise	Students will identify appropriate exercise routines for students with various disabilities.
	2014-15 (Fall 2014)	ECC: PE 407	Adapted Bowling	SLO #1 Keeping Score	Students will demonstrate the process of keeping score.
	2014-15 (Spring 2015)	ECC: PE 400	Adapted Fitness	SLO #2 Benefits	Students will describe the benefits regular exercise.
	2014-15 (Spring 2015)	ECC: PE 401	Adapted Strength Training	SLO #2 Training Principles	Students will describe various training principles and strategies to improve muscle endurance and muscle strength.
	2014-15 (Spring 2015)	ECC: 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.
	2015-16 (Fall 2015)	ECC: PE 201	Introduction to Adapted Physical Education	SLO #3 Contraindications	Students will identify contraindications of exercise for specific disability groups.
2015-16 (Fall 2015)	ECC: PE 402	Adapted Swimming and Hydroexercise	SLO #2 Skills	Students will identify effective swimming skills related to the kick, arm action, and breathing.	
2015-16 (Fall 2015)	ECC: PE 407	Adapted Bowling	SLO #2 Spare Strategies	Students will identify the appropriate strategies for executing various spare shots.	
2015-16 (Fall 2015)	ECC: PE 409	Adapted Yoga	SLO #2 Fitness	Students will identify the wellness/fitness components that are positively affected by a Yoga Practice.	
2015-16 (Spring 2016)	ECC: PE 400	Adapted Fitness	SLO #3 Body Composition	Students will identify strategies to estimate and improve body composition.	
2015-16 (Spring 2016)	ECC: PE 401	Adapted Strength Training	SLO #3 Benefits	Students will describe the benefits of resistance exercise training.	
2015-16 (Spring 2016)	ECC: PE 404	Adapted Cardiovascular Fitness	SLO #3 Demonstrate Improvement	Students will demonstrate improvement in cardiovascular fitness.	
2016-17 (Fall 2016)	ECC: PE 201	Introduction to Adapted Physical Education	SLO #1 ROM	Students will demonstrate proper technique when performing Range of Motion exercises.	

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	2016-17 (Fall 2016)	ECC: PE 402	Adapted Swimming and Hydroexercise	SLO #3 Buoyancy	Students will differentiate what factors affect one's buoyancy when swimming in the water.
	2016-17 (Fall 2016)	ECC: PE 407	Adapted Bowling	SLO #3 Terminology and Etiquette	Students will explain proper bowling terminology and lane etiquette.
	2016-17 (Fall 2016)	ECC: PE 409	Adapted Yoga	SLO #3 Benefits	Students will define Yoga and describe its personal benefits and adaptation strategies.
	2016-17 (Spring 2017)	ECC: PE 400	Adapted Fitness	SLO #1 Components	Students will define the components of physical fitness and the methodology to improve each component.
	2016-17 (Spring 2017)	ECC: PE 401	Adapted Strength Training	SLO #1 Appropriate Resistance	Students will identify appropriate resistance exercises for specific muscle groups.
	2016-17 (Spring 2017)	ECC: 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.
	2017-18 (Fall 2017)	ECC: PE 201	Introduction to Adapted Physical Education	SLO #2 Appropriate Exercise	Students will identify appropriate exercise routines for students with various disabilities.
	2017-18 (Fall 2017)	ECC: PE 407	Adapted Bowling	SLO #1 Keeping Score	Students will demonstrate the process of keeping score.
	2017-18 (Fall 2017)	ECC: 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.
	2017-18 (Spring 2018)	ECC: PE 400	Adapted Fitness	SLO #2 Benefits	Students will describe the benefits regular exercise.
	2017-18 (Spring 2018)	ECC: PE 401	Adapted Strength Training	SLO #2 Training Principles	Students will describe various training principles and strategies to improve muscle endurance and muscle strength.
	2018-19 (Fall 2018)	ECC: PE 201	Introduction to Adapted Physical Education	SLO #3 Contraindications	Students will identify contraindications of exercise for specific disability groups.
	2018-19 (Fall 2018)	ECC: PE 402	Adapted Swimming and Hydroexercise	SLO #2 Skills	Students will identify effective swimming skills related to the kick, arm action, and breathing.
	2018-19 (Fall 2018)	ECC: PE 407	Adapted Bowling	SLO #2 Spare Strategies	Students will identify the appropriate strategies for executing various spare shots.
	2018-19 (Fall 2018)	ECC: PE 409	Adapted Yoga	SLO #2 Fitness	Students will identify the wellness/fitness components that are positively affected by a Yoga Practice.
	2018-19 (Spring 2019)	ECC: PE 400	Adapted Fitness	SLO #3 Body Composition	Students will identify strategies to estimate and improve body composition.
	2018-19 (Spring 2019)	ECC: PE 401	Adapted Strength Training	SLO #3 Benefits	Students will describe the benefits of resistance exercise training.
	2018-19 (Spring 2019)	ECC: PE 404	Adapted Cardiovascular Fitness	SLO #3 Demonstrate Improvement	Students will demonstrate improvement in cardiovascular fitness.
	2019-20 (Fall 2019)	ECC: PE 201	Introduction to Adapted	SLO #1 ROM	Students will demonstrate proper technique when performing

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	2019-20 (Fall 2019)	ECC: PE 201	Physical Education	SLO #1 ROM	Range of Motion exercises.
	2019-20 (Fall 2019)	ECC: PE 402	Adapted Swimming and Hydroexercise	SLO #3 Buoyancy	Students will differentiate what factors affect one's buoyancy when swimming in the water.
	2019-20 (Fall 2019)	ECC: PE 407	Adapted Bowling	SLO #3 Terminology and Etiquette	Students will explain proper bowling terminology and lane etiquette.
	2019-20 (Fall 2019)	ECC: PE 409	Adapted Yoga	SLO #3 Benefits	Students will define Yoga and describe its personal benefits and adaptation strategies.
	2019-20 (Spring 2020)	ECC: PE 400	Adapted Fitness	SLO #1 Components	Students will define the components of physical fitness and the methodology to improve each component.
	2019-20 (Spring 2020)	ECC: PE 401	Adapted Strength Training	SLO #1 Appropriate Resistance	Students will identify appropriate resistance exercises for specific muscle groups.
	2019-20 (Spring 2020)	ECC: 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.
	2020-21 (Fall 2020)	ECC: PE 201	Introduction to Adapted Physical Education	SLO #2 Appropriate Exercise	Students will identify appropriate exercise routines for students with various disabilities.
	2020-21 (Fall 2020)	ECC: 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.
	2020-21 (Fall 2020)	ECC: PE 404	Adapted Cardiovascular Fitness	SLO #2 Sound Exercise Training Principles	Students will demonstrate sound exercise training principles relative to frequency, intensity, time and mode of exercise to enhance positive changes with their cardiovascular fitness level.
	2020-21 (Fall 2020)	ECC: PE 407	Adapted Bowling	SLO #1 Keeping Score	Students will demonstrate the process of keeping score.
	2020-21 (Fall 2020)	ECC: 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.