

# \*COURSE SLO STATEMENTS REPORT\*

ECC - ADAPTED P. E.

Course ID	Course Name	Course SLO Title	Course SLO Statement	Course SLO Status	Input Date
ECC: PE 201	Introduction to Adapted Physical Education	SLO #1 ROM	Students will demonstrate proper technique when performing Range of Motion exercises.	Active	11/12/2013
ECC: PE 201	Introduction to Adapted Physical Education	SLO #2 Appropriate Exercise	Students will identify appropriate exercise routines for students with various disabilities.	Active	11/12/2013
ECC: PE 201	Introduction to Adapted Physical Education	SLO #3 Contraindications	Students will identify contraindications of exercise for specific disability groups.	Active	11/12/2013
ECC: PE 400	Adapted Fitness	SLO #1 Components	Students will define the components of physical fitness and the methodology to improve each component.	Active	11/12/2013
ECC: PE 400	Adapted Fitness	SLO #2 Benefits	Students will describe the benefits regular exercise.	Active	11/12/2013
ECC: PE 400	Adapted Fitness	SLO #3 Body Composition	Students will identify strategies to estimate and improve body composition.	Active	11/12/2013
ECC: PE 401	Adapted Strength Training	SLO #1 Appropriate Resistance	Students will identify appropriate resistance exercises for specific muscle groups.	Active	11/12/2013
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.	Active	11/11/2013
ECC: PE 401	Adapted Strength Training	SLO #3 Benefits	Students will describe the benefits of resistance exercise training.	Active	11/12/2013
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.	Active	11/12/2013
ECC: PE 402	Adapted Swimming and Hydroexercise	SLO #2 Skills	Students will identify effective swimming skills related to the kick, arm action, and breathing.	Active	11/12/2013
ECC: PE 402	Adapted Swimming and Hydroexercise	SLO #3 Buoyancy	Students will differentiate what factors affect one's buoyancy when swimming in the water.	Active	11/12/2013
ECC: PE 404	Adapted Cardiovascular Fitness	SLO #02 Intensity (INACTIVE)	Students will estimate exercise intensity for improving cardiovascular fitness.	Inactive	05/20/2015
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.	Active	05/15/2014
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.	Active	05/17/2018
ECC: PE 404	Adapted Cardiovascular Fitness	SLO #3 Demonstrate Improvement	Students will demonstrate improvement in cardiovascular fitness.	Active	11/12/2013
ECC: PE 407	Adapted Bowling	SLO #1 Keeping Score	Students will demonstrate the process of keeping score.	Active	11/12/2013

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ECC: PE 407	Adapted Bowling	SLO #2 Spare Strategies	Students will identify the appropriate strategies for executing various spare shots.	Active	11/12/2013
ECC: PE 407	Adapted Bowling	SLO #3 Terminology and Etiquette	Students will explain proper bowling terminology and lane etiquette.	Active	11/12/2013
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.	Active	11/12/2013
ECC: PE 409	Adapted Yoga	SLO #2 Fitness	Students will identify the wellness/fitness components that are positively affected by a Yoga Practice.	Active	11/12/2013
ECC: PE 409	Adapted Yoga	SLO #3 Benefits	Students will define Yoga and describe its personal benefits and adaptation strategies.	Active	11/12/2013