

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) - Kinesiology	2013-14 (Spring 2014)	ECC: 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.
	2013-14 (Spring 2014)	ECC: 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.
	2013-14 (Spring 2014)	ECC: PE 135abcd	Sport-Specific, Periodized Training for Athletes	SLO #1 Endurance	Students will assess current fitness levels in muscle endurance and develop programs to improve fitness level.
	2013-14 (Spring 2014)	ECC: PE 221	Defense Tactics	SLO #1 Elbow Strikes	Students will demonstrate the proper technique in the execution of four basic elbow strikes.
	2013-14 (Spring 2014)	ECC: PE 241	Intermediate/Advanced Swimming	SLO #1 500 Yard Swim	The student will demonstrate improvement in a 500 yard swim.
	2013-14 (Spring 2014)	ECC: PE 245	Water Aerobics	SLO #1 CV Fitness	Students will demonstrate improvements in cardiovascular fitness.
	2013-14 (Spring 2014)	ECC: PE 249	Swimming for Fitness	SLO #1 CV Fitness Improvement	Student will demonstrate improvement in cardiovascular endurance.
	2013-14 (Spring 2014)	ECC: PE 251	Tennis	SLO #1 Rules	Students will identify and explain the rules for the game of Tennis.
	2013-14 (Spring 2014)	ECC: PE 253	Volleyball	SLO #1 Passing	The student will demonstrate accuracy in volleyball passing off the serve.
	2013-14 (Spring 2014)	ECC: 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.
	2013-14 (Spring 2014)	ECC: PE 277	Introduction to Kinesiology and Physical Education	SLO #1 Basic Concepts	Students will identify and describe the basic concepts of Kinesiology.
	2013-14 (Spring 2014)	ECC: PE 290	Personal Fitness Trainer	SLO #1 Technique	Students will demonstrate proper resistance training technique.
	2013-14 (Spring 2014)	ECC: PE 3	Boot Camp Fitness Training	SLO #1 Muscles	Students will identify muscles and which exercise targets each.
	2013-14 (Spring 2014)	ECC: 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.
	2014-15 (Fall 2014)	ECC: CH 3	Drugs and Alcohol in Society	SLO #1 Identify Symptoms	Students will identify the signs and symptoms of Alcoholism.
2014-15 (Fall 2014)	ECC: 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.	
2014-15 (Fall 2014)	ECC: PE 10 A	Body Conditioning and Physical Fitness	SLO #1 Lifting Techniques	Students will demonstrate the correct lifting technique for upper body free weight exercises.	
2014-15 (Fall 2014)	ECC: PE 18	Boxing	SLO #2 Techniques	Students will demonstrate at least three boxing techniques (routines).	
2014-15 (Fall 2014)	ECC: PE 2	Walking for Fitness	SLO #2 Exercise Heart Rates	Students will utilize exercise training heart rates to monitor exercise intensity.	
2014-15 (Fall 2014)	ECC: PE 204	Badminton	SLO #1 Overhead Clear	Students will demonstrate proficiency and accuracy in the overhead clear.	

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	2014-15 (Fall 2014)	ECC: PE 208	Bowling	SLO #1 Keeping Score	Students will demonstrate the process of keeping score.
	2014-15 (Fall 2014)	ECC: PE 217	Sports Officiating	SLO #1 Qualifications	Student will identify the qualifications and duties required for becoming a sports official.
	2014-15 (Fall 2014)	ECC: PE 220	Naginata - A Japanese Martial Art	SLO #1 Demonstration	Students will utilize a Naginata (pole arm) and demonstrate appropriate offensive and defensive tactics.
	2014-15 (Fall 2014)	ECC: PE 224	Golf	SLO #1 Driving	Students will demonstrate proficiency in driving a golf ball.
	2014-15 (Fall 2014)	ECC: PE 240	Beginning Swimming	SLO #1 Breathing	The student will demonstrate swimming freestyle using correct breathing.
	2014-15 (Fall 2014)	ECC: 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.
	2014-15 (Fall 2014)	ECC: PE 250	Techniques of Surfboard Riding	SLO #1 Paddling	Students will demonstrate knee and prone paddling techniques.
	2014-15 (Fall 2014)	ECC: PE 254	Aerobic Fitness	SLO #2 Flexibility Improvement	Students will demonstrate improvements in flexibility.
	2014-15 (Fall 2014)	ECC: PE 258	Power Vinyasa Yoga	SLO #1 Surya Namaskar Sequencing	Students will explain the correct sequencing of postures in Surya Namaskar B.
	2014-15 (Fall 2014)	ECC: PE 259	Circuit Training	SLO #1 CV Improvement	Students will demonstrate improvement of the cardiovascular system through the use of fat burning circuit training.
	2014-15 (Fall 2014)	ECC: 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.
	2014-15 (Fall 2014)	ECC: 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.
	2014-15 (Fall 2014)	ECC: PE 275	Sport Psychology	SLO #1 Study vs Experiment	The student will describe the difference between a study and an experiment.
	2014-15 (Fall 2014)	ECC: 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.
	2014-15 (Fall 2014)	ECC: 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.
	2014-15 (Fall 2014)	ECC: 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.
	2014-15 (Fall 2014)	ECC: PE 7	Baseball	SLO #1 Rules	Students will identify basic rules and strategy within the sport.
	2014-15 (Fall 2014)	ECC: 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.
	2014-15 (Spring 2015)	ECC: CH 1	Personal and Community Health Issues	SLO #2 Warning Signs of Cancer	The student will identify the seven warnings signs of cancer
	2014-15 (Spring 2015)	ECC: FAID 1	First Aid, Cardiopulmonary	SLO #2 Choking	Student will recognize signs of conscious choking and utilize

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	2014-15 (Spring 2015)	ECC: FAID 1	Resuscitation (CPR) and Basic Emergency Care	SLO #2 Choking	appropriate methods to clear the airway.
	2014-15 (Spring 2015)	ECC: PE 135abcd	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.
	2014-15 (Spring 2015)	ECC: PE 221	Defense Tactics	SLO #2 Flexibility	Students will demonstrate improvement in the flexibility component of fitness.
	2014-15 (Spring 2015)	ECC: PE 241	Intermediate/Advanced Swimming	SLO #2 Technique	The student will demonstrate good form and breathing technique while performing freestyle.
	2014-15 (Spring 2015)	ECC: PE 245	Water Aerobics	SLO #2 Flexibility	Students will demonstrate improvements in flexibility.
	2014-15 (Spring 2015)	ECC: PE 249	Swimming for Fitness	SLO #2 Stroke Technique	Student will demonstrate ability to swim the competitive swim strokes with proper technique.
	2014-15 (Spring 2015)	ECC: PE 251	Tennis	SLO #2 Stroke Technique	Student will demonstrate proper stroke technique for the forehand stroke and backhand stroke.
	2014-15 (Spring 2015)	ECC: PE 253	Volleyball	SLO #2 Hitting Approach	Student will demonstrate and explain the basic fundamentals of a hitting approach.
	2014-15 (Spring 2015)	ECC: 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.
	2014-15 (Spring 2015)	ECC: 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
	2014-15 (Spring 2015)	ECC: 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.
	2014-15 (Spring 2015)	ECC: PE 3	Boot Camp Fitness Training	SLO #2 Fitness	Students will evaluate their fitness level, and demonstrate improvement in fitness.
	2014-15 (Spring 2015)	ECC: 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.
	2015-16 (Fall 2015)	ECC: 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.
	2015-16 (Fall 2015)	ECC: 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.
	2015-16 (Fall 2015)	ECC: PE 10 A	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.
	2015-16 (Fall 2015)	ECC: PE 18	Boxing	SLO #3 Sparring	Students will demonstrate sparring to the body
	2015-16 (Fall 2015)	ECC: PE 2	Walking for Fitness	SLO #3 Stretching	Students will demonstrate and explain the value of static stretching exercises.
	2015-16 (Fall 2015)	ECC: PE 204	Badminton	SLO #2 Rules	Students will identify the "Laws of the Game" and explain the rules and the regulations governing the sport.
	2015-16 (Fall 2015)	ECC: PE 208	Bowling	SLO #2 Spare Strategies	Students will identify the appropriate strategies for executing

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	2015-16 (Fall 2015)	ECC: PE 208	Bowling	SLO #2 Spare Strategies	various spare shots.
	2015-16 (Fall 2015)	ECC: PE 220	Naginata - A Japanese Martial Art	SLO #2 Identify Terminology	Students will identify Japanese terminology related to Naginata.
	2015-16 (Fall 2015)	ECC: PE 224	Golf	SLO #2 Putting	Student will demonstrate proficiency in putting a golf ball.
	2015-16 (Fall 2015)	ECC: PE 240	Beginning Swimming	SLO #2 Backstroke	The student will demonstrate swimming on their back using either backstroke or elementary backstroke.
	2015-16 (Fall 2015)	ECC: 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.
	2015-16 (Fall 2015)	ECC: PE 250	Techniques of Surfboard Riding	SLO #2 Identify Wave	Students will identify an appropriate wave to ride for their skill level.
	2015-16 (Fall 2015)	ECC: PE 254	Aerobic Fitness	SLO #3 Body Composition	Students will calculate their body fat percentage with the goal of improving body composition over the course of the semester.
	2015-16 (Fall 2015)	ECC: 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.
	2015-16 (Fall 2015)	ECC: PE 259	Circuit Training	SLO #2 Aerobic vs Anaerobic	Students will distinguish the differences between the aerobic and anaerobic energy systems.
	2015-16 (Fall 2015)	ECC: 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.
	2015-16 (Fall 2015)	ECC: PE 272	Care and Prevention of Athletic Injuries	SLO #2 Management Techniques	Students will explain and justify common management techniques for athletic injuries.
	2015-16 (Fall 2015)	ECC: PE 275	Sport Psychology	SLO #2 Motivation	The student will compare and contrast intrinsic vs extrinsic motivation.
	2015-16 (Fall 2015)	ECC: 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.
	2015-16 (Fall 2015)	ECC: PE 4	Basketball	SLO #2 Offensive Techniques	Student will execute and explain the introductory offensive techniques, such as pivoting, dribbling, passing and shooting.
	2015-16 (Fall 2015)	ECC: PE 54	Weight Training	SLO #2 Anatomy and Movements	Student will identify muscle anatomy and describe basic muscle movements.
	2015-16 (Fall 2015)	ECC: PE 7	Baseball	SLO #2 Fielding	Students will demonstrate proper fundamentals of fielding.
	2015-16 (Fall 2015)	ECC: 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.
	2015-16 (Spring 2016)	ECC: CH 1	Personal and Community Health Issues	SLO #3 Risk Factors of CV Disease	The student will identify the risk factors of cardiovascular disease
	2015-16 (Spring 2016)	ECC: 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.
	2015-16 (Spring 2016)	ECC: PE	Sport-Specific, Periodized	SLO #3 Strength	Students will assess current fitness levels in muscle strength and

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	2015-16 (Spring 2016)	135abcd	Training for Athletes	SLO #3 Strength	develop programs to improve fitness level.
	2015-16 (Spring 2016)	ECC: PE 221	Defense Tactics	SLO #3 Awareness	Students will apply the concepts of awareness in their environment.
	2015-16 (Spring 2016)	ECC: PE 241	Intermediate/Advanced Swimming	SLO #3 Strokes	The student will demonstrate competence in at least four different strokes.
	2015-16 (Spring 2016)	ECC: PE 245	Water Aerobics	SLO #3 Exercise Heart Rate	Students will calculate and utilize exercise training heart rates to monitor exercise intensity.
	2015-16 (Spring 2016)	ECC: 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.
	2015-16 (Spring 2016)	ECC: PE 249	Swimming for Fitness	SLO #3 Swim Sets	Student will identify written or verbal 'swim sets' by completing various assigned sets.
	2015-16 (Spring 2016)	ECC: PE 251	Tennis	SLO #3 Fitness	Students will demonstrate an improvement in cardiovascular fitness.
	2015-16 (Spring 2016)	ECC: PE 253	Volleyball	SLO #3 Rules and Strategies	Students will identify and explain rules and strategies associated with the game of volleyball.
	2015-16 (Spring 2016)	ECC: 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.
	2015-16 (Spring 2016)	ECC: PE 277	Introduction to Kinesiology and Physical Education	SLO #3 Foundations	Students will identify and describe the historical, ethical and philosophical foundations of Kinesiology.
	2015-16 (Spring 2016)	ECC: PE 290	Personal Fitness Trainer	SLO #3 Strength Improvement	Students will achieve improvement in upper and lower body strength.
	2015-16 (Spring 2016)	ECC: PE 3	Boot Camp Fitness Training	SLO #3 Demonstrate Exercises	Students will demonstrate a variety of anaerobic and aerobic exercises.
	2016-17 (Fall 2016)	ECC: CH 3	Drugs and Alcohol in Society	SLO #3 Psychoactive Drugs	Student will identify the five categories of psychoactive drugs.
	2016-17 (Fall 2016)	ECC: 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.
	2016-17 (Fall 2016)	ECC: PE 10 A	Body Conditioning and Physical Fitness	SLO #3 Cardiovascular Fitness	Student will demonstrate advancement in personal cardiovascular fitness.
	2016-17 (Fall 2016)	ECC: PE 18	Boxing	SLO #1 Improved Endurance	Students will demonstrate improvements in aerobic and anaerobic cardio respiratory endurance.
	2016-17 (Fall 2016)	ECC: PE 2	Walking for Fitness	SLO #1 Improved Fitness	Students will demonstrate improvement in their Physical Fitness through an individualized fitness walking program.
	2016-17 (Fall 2016)	ECC: PE 204	Badminton	SLO #3 Overhead Smash	Students will demonstrate proficiency and accuracy in the overhead smash
	2016-17 (Fall 2016)	ECC: PE 208	Bowling	SLO #3 Terminology and Etiquette	Students will explain proper bowling terminology and lane etiquette.
	2016-17 (Fall 2016)	ECC: PE 220	Naginata - A Japanese Martial Art	SLO #3 Etiquette	Students will demonstrate proper etiquette with the martial art of Naginata.
	2016-17 (Fall 2016)	ECC: PE 224	Golf	SLO #3 Rules	Students will identify the rules of golf and explain proper etiquette.

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	2016-17 (Fall 2016)	ECC: 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.
	2016-17 (Fall 2016)	ECC: 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.
	2016-17 (Fall 2016)	ECC: PE 250	Techniques of Surfboard Riding	SLO #3 Paddling Speed	Students will demonstrate improvement in paddling speed.
	2016-17 (Fall 2016)	ECC: PE 254	Aerobic Fitness	SLO #1 CV Endurance	Students will demonstrate improvements in Cardiovascular Endurance.
	2016-17 (Fall 2016)	ECC: PE 258	Power Vinyasa Yoga	SLO #3 Power Yoga Innovators	Students will compare and contrast two power yoga Innovators in a written assignment.
	2016-17 (Fall 2016)	ECC: PE 259	Circuit Training	SLO #3 Target Heart Rate	Students will calculate their aerobic target heart rate.
	2016-17 (Fall 2016)	ECC: 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.
	2016-17 (Fall 2016)	ECC: PE 272	Care and Prevention of Athletic Injuries	SLO #3 Emergency Plan	Students will design and rehearse an emergency action plan.
	2016-17 (Fall 2016)	ECC: PE 275	Sport Psychology	SLO #3 Goal Setting	The student will describe the characteristics of effective goal setting.
	2016-17 (Fall 2016)	ECC: 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.
	2016-17 (Fall 2016)	ECC: PE 4	Basketball	SLO #3 Defensive Principles	Student will explain and execute man to man defensive principles.
	2016-17 (Fall 2016)	ECC: 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
	2016-17 (Fall 2016)	ECC: PE 7	Baseball	SLO #3 Hitting	Students will identify proper fundamentals of hitting
	2016-17 (Fall 2016)	ECC: 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.
	2016-17 (Spring 2017)	ECC: 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.
	2016-17 (Spring 2017)	ECC: 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.
	2016-17 (Spring 2017)	ECC: PE 135abcd	Sport-Specific, Periodized Training for Athletes	SLO #1 Endurance	Students will assess current fitness levels in muscle endurance and develop programs to improve fitness level.
	2016-17 (Spring 2017)	ECC: PE 221	Defense Tactics	SLO #1 Elbow Strikes	Students will demonstrate the proper technique in the execution of four basic elbow strikes.
	2016-17 (Spring 2017)	ECC: PE 241	Intermediate/Advanced Swimming	SLO #1 500 Yard Swim	The student will demonstrate improvement in a 500 yard swim.
	2016-17 (Spring 2017)	ECC: PE 245	Water Aerobics	SLO #1 CV Fitness	Students will demonstrate improvements in cardiovascular fitness.
	2016-17 (Spring 2017)	ECC: PE 248	Swimming, Water Safety	SLO #2 Age-appropriate	Students will demonstrate age-appropriate techniques to teach

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	2016-17 (Spring 2017)	ECC: PE 248	Instructor	Techniques	swimming skills and water safety to both kids and adults.
	2016-17 (Spring 2017)	ECC: PE 249	Swimming for Fitness	SLO #1 CV Fitness Improvement	Student will demonstrate improvement in cardiovascular endurance.
	2016-17 (Spring 2017)	ECC: PE 251	Tennis	SLO #1 Rules	Students will identify and explain the rules for the game of Tennis.
	2016-17 (Spring 2017)	ECC: PE 253	Volleyball	SLO #1 Passing	The student will demonstrate accuracy in volleyball passing off the serve.
	2016-17 (Spring 2017)	ECC: PE 277	Introduction to Kinesiology and Physical Education	SLO #1 Basic Concepts	Students will identify and describe the basic concepts of Kinesiology.
	2016-17 (Spring 2017)	ECC: PE 290	Personal Fitness Trainer	SLO #1 Technique	Students will demonstrate proper resistance training technique.
	2016-17 (Spring 2017)	ECC: PE 3	Boot Camp Fitness Training	SLO #1 Muscles	Students will identify muscles and which exercise targets each.
	2017-18 (Fall 2017)	ECC: CH 3	Drugs and Alcohol in Society	SLO #1 Identify Symptoms	Students will identify the signs and symptoms of Alcoholism.
	2017-18 (Fall 2017)	ECC: PE 10 A	Body Conditioning and Physical Fitness	SLO #1 Lifting Techniques	Students will demonstrate the correct lifting technique for upper body free weight exercises.
	2017-18 (Fall 2017)	ECC: PE 18	Boxing	SLO #2 Techniques	Students will demonstrate at least three boxing techniques (routines).
	2017-18 (Fall 2017)	ECC: PE 2	Walking for Fitness	SLO #2 Exercise Heart Rates	Students will utilize exercise training heart rates to monitor exercise intensity.
	2017-18 (Fall 2017)	ECC: PE 204	Badminton	SLO #1 Overhead Clear	Students will demonstrate proficiency and accuracy in the overhead clear.
	2017-18 (Fall 2017)	ECC: PE 208	Bowling	SLO #1 Keeping Score	Students will demonstrate the process of keeping score.
	2017-18 (Fall 2017)	ECC: PE 220	Naginata - A Japanese Martial Art	SLO #1 Demonstration	Students will utilize a Naginata (pole arm) and demonstrate appropriate offensive and defensive tactics.
	2017-18 (Fall 2017)	ECC: PE 224	Golf	SLO #1 Driving	Students will demonstrate proficiency in driving a golf ball.
	2017-18 (Fall 2017)	ECC: PE 240	Beginning Swimming	SLO #1 Breathing	The student will demonstrate swimming freestyle using correct breathing.
	2017-18 (Fall 2017)	ECC: 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.
	2017-18 (Fall 2017)	ECC: PE 250	Techniques of Surfboard Riding	SLO #1 Paddling	Students will demonstrate knee and prone paddling techniques.
	2017-18 (Fall 2017)	ECC: PE 254	Aerobic Fitness	SLO #2 Flexibility Improvement	Students will demonstrate improvements in flexibility.
	2017-18 (Fall 2017)	ECC: PE 258	Power Vinyasa Yoga	SLO #1 Surya Namaskar Sequencing	Students will explain the correct sequencing of postures in Surya Namaskar B.
	2017-18 (Fall 2017)	ECC: PE 259	Circuit Training	SLO #1 CV Improvement	Students will demonstrate improvement of the cardiovascular system through the use of fat burning circuit training.
	2017-18 (Fall 2017)	ECC: PE 270	Fitness and Sports	SLO #1 Protein and	Student will identify effective protein and nutritional supplements

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	2017-18 (Fall 2017)	ECC: PE 270	Nutrition	Nutritional Supplements	for enhanced muscular recovery from exhaustive exercise.
	2017-18 (Fall 2017)	ECC: 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.
	2017-18 (Fall 2017)	ECC: PE 275	Sport Psychology	SLO #1 Study vs Experiment	The student will describe the difference between a study and an experiment.
	2017-18 (Fall 2017)	ECC: 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.
	2017-18 (Fall 2017)	ECC: 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.
	2017-18 (Fall 2017)	ECC: 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.
	2017-18 (Fall 2017)	ECC: PE 7	Baseball	SLO #1 Rules	Students will identify basic rules and strategy within the sport.
	2017-18 (Fall 2017)	ECC: 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.
	2017-18 (Spring 2018)	ECC: CH 1	Personal and Community Health Issues	SLO #2 Warning Signs of Cancer	The student will identify the seven warnings signs of cancer
	2017-18 (Spring 2018)	ECC: 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.
	2017-18 (Spring 2018)	ECC: PE 135abcd	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.
	2017-18 (Spring 2018)	ECC: PE 221	Defense Tactics	SLO #2 Flexibility	Students will demonstrate improvement in the flexibility component of fitness.
	2017-18 (Spring 2018)	ECC: PE 241	Intermediate/Advanced Swimming	SLO #2 Technique	The student will demonstrate good form and breathing technique while performing freestyle.
	2017-18 (Spring 2018)	ECC: PE 245	Water Aerobics	SLO #2 Flexibility	Students will demonstrate improvements in flexibility.
	2017-18 (Spring 2018)	ECC: 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.
	2017-18 (Spring 2018)	ECC: PE 249	Swimming for Fitness	SLO #2 Stroke Technique	Student will demonstrate ability to swim the competitive swim strokes with proper technique.
	2017-18 (Spring 2018)	ECC: PE 251	Tennis	SLO #2 Stroke Technique	Student will demonstrate proper stroke technique for the forehand stroke and backhand stroke.
	2017-18 (Spring 2018)	ECC: 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.
	2017-18 (Spring 2018)	ECC: PE 277	Introduction to Kinesiology	SLO #2 Pathways	Students will identify and describe the pathways and requirements

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	2017-18 (Spring 2018)	ECC: PE 277	and Physical Education	SLO #2 Pathways	for career opportunities in the field of Kinesiology or related field
	2017-18 (Spring 2018)	ECC: 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.
	2017-18 (Spring 2018)	ECC: PE 3	Boot Camp Fitness Training	SLO #2 Fitness	Students will evaluate their fitness level, and demonstrate improvement in fitness.
	2018-19 (Fall 2018)	ECC: PE 10 A	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.
	2018-19 (Fall 2018)	ECC: PE 18	Boxing	SLO #3 Sparring	Students will demonstrate sparring to the body
	2018-19 (Fall 2018)	ECC: PE 2	Walking for Fitness	SLO #3 Stretching	Students will demonstrate and explain the value of static stretching exercises.
	2018-19 (Fall 2018)	ECC: PE 204	Badminton	SLO #2 Rules	Students will identify the “Laws of the Game” and explain the rules and the regulations governing the sport.
	2018-19 (Fall 2018)	ECC: PE 208	Bowling	SLO #2 Spare Strategies	Students will identify the appropriate strategies for executing various spare shots.
	2018-19 (Fall 2018)	ECC: PE 224	Golf	SLO #2 Putting	Student will demonstrate proficiency in putting a golf ball.
	2018-19 (Fall 2018)	ECC: PE 240	Beginning Swimming	SLO #2 Backstroke	The student will demonstrate swimming on their back using either backstroke or elementary backstroke.
	2018-19 (Fall 2018)	ECC: 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.
	2018-19 (Fall 2018)	ECC: PE 250	Techniques of Surfboard Riding	SLO #2 Identify Wave	Students will identify an appropriate wave to ride for their skill level.
	2018-19 (Fall 2018)	ECC: PE 254	Aerobic Fitness	SLO #3 Body Composition	Students will calculate their body fat percentage with the goal of improving body composition over the course of the semester.
	2018-19 (Fall 2018)	ECC: 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.
	2018-19 (Fall 2018)	ECC: PE 259	Circuit Training	SLO #2 Aerobic vs Anaerobic	Students will distinguish the differences between the aerobic and anaerobic energy systems.
	2018-19 (Fall 2018)	ECC: 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.
	2018-19 (Fall 2018)	ECC: PE 272	Care and Prevention of Athletic Injuries	SLO #2 Management Techniques	Students will explain and justify common management techniques for athletic injuries.
	2018-19 (Fall 2018)	ECC: PE 275	Sport Psychology	SLO #2 Motivation	The student will compare and contrast intrinsic vs extrinsic motivation.
	2018-19 (Fall 2018)	ECC: 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.
	2018-19 (Fall 2018)	ECC: PE 4	Basketball	SLO #2 Offensive Techniques	Student will execute and explain the introductory offensive techniques, such as pivoting, dribbling, passing and shooting.

Unit Name	Course SLO Assessment Cycle	Course ID	Course Name	Course SLO Title	Course SLO Statement
	2018-19 (Fall 2018)	ECC: PE 54	Weight Training	SLO #2 Anatomy and Movements	Student will identify muscle anatomy and describe basic muscle movements.
	2018-19 (Fall 2018)	ECC: PE 7	Baseball	SLO #2 Fielding	Students will demonstrate proper fundamentals of fielding.
	2018-19 (Fall 2018)	ECC: 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.
	2018-19 (Spring 2019)	ECC: CH 1	Personal and Community Health Issues	SLO #3 Risk Factors of CV Disease	The student will identify the risk factors of cardiovascular disease
	2018-19 (Spring 2019)	ECC: 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.
	2018-19 (Spring 2019)	ECC: PE 135abcd	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.
	2018-19 (Spring 2019)	ECC: PE 221	Defense Tactics	SLO #3 Awareness	Students will apply the concepts of awareness in their environment.
	2018-19 (Spring 2019)	ECC: PE 241	Intermediate/Advanced Swimming	SLO #3 Strokes	The student will demonstrate competence in at least four different strokes.
	2018-19 (Spring 2019)	ECC: PE 245	Water Aerobics	SLO #3 Exercise Heart Rate	Students will calculate and utilize exercise training heart rates to monitor exercise intensity.
	2018-19 (Spring 2019)	ECC: 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.
	2018-19 (Spring 2019)	ECC: PE 249	Swimming for Fitness	SLO #3 Swim Sets	Student will identify written or verbal 'swim sets' by completing various assigned sets.
	2018-19 (Spring 2019)	ECC: PE 251	Tennis	SLO #3 Fitness	Students will demonstrate an improvement in cardiovascular fitness.
	2018-19 (Spring 2019)	ECC: 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.
	2018-19 (Spring 2019)	ECC: PE 277	Introduction to Kinesiology and Physical Education	SLO #3 Foundations	Students will identify and describe the historical, ethical and philosophical foundations of Kinesiology.
	2018-19 (Spring 2019)	ECC: PE 290	Personal Fitness Trainer	SLO #3 Strength Improvement	Students will achieve improvement in upper and lower body strength.
	2018-19 (Spring 2019)	ECC: PE 3	Boot Camp Fitness Training	SLO #3 Demonstrate Exercises	Students will demonstrate a variety of anaerobic and aerobic exercises.
	2019-20 (Fall 2019)	ECC: 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.
	2019-20 (Fall 2019)	ECC: CH 3	Drugs and Alcohol in Society	SLO #3 Psychoactive Drugs	Student will identify the five categories of psychoactive drugs.
	2019-20 (Fall 2019)	ECC: 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.
	2019-20 (Fall 2019)	ECC: 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

Unit Name	Course SLO Assessment Cycle	Course ID	Course Name	Course SLO Title	Course SLO Statement
	2019-20 (Fall 2019)	ECC: CH 5	Contemporary Women's Health	SLO #2 Contraception	terms of how it prevents pregnancy, overall effectiveness, and ease of use, cost and side effects with 80% accuracy.
	2019-20 (Fall 2019)	ECC: 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.
	2019-20 (Fall 2019)	ECC: PE 10 A	Body Conditioning and Physical Fitness	SLO #3 Cardiovascular Fitness	Student will demonstrate advancement in personal cardiovascular fitness.
	2019-20 (Fall 2019)	ECC: PE 18	Boxing	SLO #1 Improved Endurance	Students will demonstrate improvements in aerobic and anaerobic cardio respiratory endurance.
	2019-20 (Fall 2019)	ECC: PE 2	Walking for Fitness	SLO #1 Improved Fitness	Students will demonstrate improvement in their Physical Fitness through an individualized fitness walking program.
	2019-20 (Fall 2019)	ECC: PE 204	Badminton	SLO #3 Overhead Smash	Students will demonstrate proficiency and accuracy in the overhead smash
	2019-20 (Fall 2019)	ECC: PE 208	Bowling	SLO #3 Terminology and Etiquette	Students will explain proper bowling terminology and lane etiquette.
	2019-20 (Fall 2019)	ECC: PE 217	Sports Officiating	SLO #1 Qualifications	Student will identify the qualifications and duties required for becoming a sports official.
	2019-20 (Fall 2019)	ECC: PE 217	Sports Officiating	SLO #2 Rules and Mechanics	Students will apply the basic rules and mechanics of officiating for a variety of sports.
	2019-20 (Fall 2019)	ECC: PE 220	Naginata - A Japanese Martial Art	SLO #2 Identify Terminology	Students will identify Japanese terminology related to Naginata.
	2019-20 (Fall 2019)	ECC: PE 220	Naginata - A Japanese Martial Art	SLO #3 Etiquette	Students will demonstrate proper etiquette with the martial art of Naginata.
	2019-20 (Fall 2019)	ECC: PE 224	Golf	SLO #3 Rules	Students will identify the rules of golf and explain proper etiquette.
	2019-20 (Fall 2019)	ECC: 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.
	2019-20 (Fall 2019)	ECC: 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.
	2019-20 (Fall 2019)	ECC: PE 250	Techniques of Surfboard Riding	SLO #3 Paddling Speed	Students will demonstrate improvement in paddling speed.
	2019-20 (Fall 2019)	ECC: PE 254	Aerobic Fitness	SLO #1 CV Endurance	Students will demonstrate improvements in Cardiovascular Endurance.
	2019-20 (Fall 2019)	ECC: PE 258	Power Vinyasa Yoga	SLO #3 Power Yoga Innovators	Students will compare and contrast two power yoga Innovators in a written assignment.
	2019-20 (Fall 2019)	ECC: PE 259	Circuit Training	SLO #3 Target Heart Rate	Students will calculate their aerobic target heart rate.
	2019-20 (Fall 2019)	ECC: 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.
	2019-20 (Fall 2019)	ECC: PE 272	Care and Prevention of Athletic Injuries	SLO #3 Emergency Plan	Students will design and rehearse an emergency action plan.

Unit Name	Course SLO Assessment Cycle	Course ID	Course Name	Course SLO Title	Course SLO Statement
	2019-20 (Fall 2019)	ECC: PE 275	Sport Psychology	SLO #3 Goal Setting	The student will describe the characteristics of effective goal setting.
	2019-20 (Fall 2019)	ECC: 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.
	2019-20 (Fall 2019)	ECC: PE 4	Basketball	SLO #3 Defensive Principles	Student will explain and execute man to man defensive principles.
	2019-20 (Fall 2019)	ECC: 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
	2019-20 (Fall 2019)	ECC: PE 7	Baseball	SLO #3 Hitting	Students will identify proper fundamentals of hitting
	2019-20 (Fall 2019)	ECC: 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.
	2019-20 (Spring 2020)	ECC: 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.
	2019-20 (Spring 2020)	ECC: 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.
	2019-20 (Spring 2020)	ECC: PE 135abcd	Sport-Specific, Periodized Training for Athletes	SLO #1 Endurance	Students will assess current fitness levels in muscle endurance and develop programs to improve fitness level.
	2019-20 (Spring 2020)	ECC: PE 221	Defense Tactics	SLO #1 Elbow Strikes	Students will demonstrate the proper technique in the execution of four basic elbow strikes.
	2019-20 (Spring 2020)	ECC: PE 241	Intermediate/Advanced Swimming	SLO #1 500 Yard Swim	The student will demonstrate improvement in a 500 yard swim.
	2019-20 (Spring 2020)	ECC: PE 245	Water Aerobics	SLO #1 CV Fitness	Students will demonstrate improvements in cardiovascular fitness.
	2019-20 (Spring 2020)	ECC: 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.
	2019-20 (Spring 2020)	ECC: PE 249	Swimming for Fitness	SLO #1 CV Fitness Improvement	Student will demonstrate improvement in cardiovascular endurance.
	2019-20 (Spring 2020)	ECC: PE 251	Tennis	SLO #1 Rules	Students will identify and explain the rules for the game of Tennis.
	2019-20 (Spring 2020)	ECC: PE 253	Volleyball	SLO #1 Passing	The student will demonstrate accuracy in volleyball passing off the serve.
	2019-20 (Spring 2020)	ECC: PE 253	Volleyball	SLO #2 Hitting Approach	Student will demonstrate and explain the basic fundamentals of a hitting approach.
	2019-20 (Spring 2020)	ECC: PE 253	Volleyball	SLO #3 Rules and Strategies	Students will identify and explain rules and strategies associated with the game of volleyball.
	2019-20 (Spring 2020)	ECC: 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.
	2019-20 (Spring 2020)	ECC: PE 260	Basic Principles of Fitness and Weight Control	SLO #1 Technique	Students will demonstrate proper resistance training technique.
	2019-20 (Spring 2020)	ECC: 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.

Unit Name	Course SLO Assessment Cycle	Course ID	Course Name	Course SLO Title	Course SLO Statement
	2019-20 (Spring 2020)	ECC: PE 260	Basic Principles of Fitness and Weight Control	SLO #3 Strength	Students will achieve improvement in upper and lower body strength.
	2019-20 (Spring 2020)	ECC: PE 277	Introduction to Kinesiology and Physical Education	SLO #1 Basic Concepts	Students will identify and describe the basic concepts of Kinesiology.
	2019-20 (Spring 2020)	ECC: PE 290	Personal Fitness Trainer	SLO #1 Technique	Students will demonstrate proper resistance training technique.
	2019-20 (Spring 2020)	ECC: PE 3	Boot Camp Fitness Training	SLO #1 Muscles	Students will identify muscles and which exercise targets each.
	2019-20 (Spring 2020)	ECC: 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.
	2019-20 (Spring 2020)	ECC: 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.
	2019-20 (Spring 2020)	ECC: 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.
	2020-21 (Fall 2020)	ECC: CH 3	Drugs and Alcohol in Society	SLO #1 Identify Symptoms	Students will identify the signs and symptoms of Alcoholism.
	2020-21 (Fall 2020)	ECC: PE 10 A	Body Conditioning and Physical Fitness	SLO #1 Lifting Techniques	Students will demonstrate the correct lifting technique for upper body free weight exercises.
	2020-21 (Fall 2020)	ECC: PE 18	Boxing	SLO #2 Techniques	Students will demonstrate at least three boxing techniques (routines).
	2020-21 (Fall 2020)	ECC: PE 2	Walking for Fitness	SLO #2 Exercise Heart Rates	Students will utilize exercise training heart rates to monitor exercise intensity.
	2020-21 (Fall 2020)	ECC: PE 204	Badminton	SLO #1 Overhead Clear	Students will demonstrate proficiency and accuracy in the overhead clear.
	2020-21 (Fall 2020)	ECC: PE 208	Bowling	SLO #1 Keeping Score	Students will demonstrate the process of keeping score.
	2020-21 (Fall 2020)	ECC: 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.
	2020-21 (Fall 2020)	ECC: PE 220	Naginata - A Japanese Martial Art	SLO #1 Demonstration	Students will utilize a Naginata (pole arm) and demonstrate appropriate offensive and defensive tactics.
	2020-21 (Fall 2020)	ECC: PE 224	Golf	SLO #1 Driving	Students will demonstrate proficiency in driving a golf ball.
	2020-21 (Fall 2020)	ECC: PE 240	Beginning Swimming	SLO #1 Breathing	The student will demonstrate swimming freestyle using correct breathing.
	2020-21 (Fall 2020)	ECC: 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.
	2020-21 (Fall 2020)	ECC: PE 250	Techniques of Surfboard Riding	SLO #1 Paddling	Students will demonstrate knee and prone paddling techniques.
	2020-21 (Fall 2020)	ECC: PE 254	Aerobic Fitness	SLO #2 Flexibility Improvement	Students will demonstrate improvements in flexibility.
	2020-21 (Fall 2020)	ECC: PE 258	Power Vinyasa Yoga	SLO #1 Surya Namaskar	Students will explain the correct sequencing of postures in Surya

Unit Name	Course SLO Assessment Cycle	Course ID	Course Name	Course SLO Title	Course SLO Statement
	2020-21 (Fall 2020)	ECC: PE 258	Power Vinyasa Yoga	Sequencing	Namaskar B.
	2020-21 (Fall 2020)	ECC: PE 259	Circuit Training	SLO #1 CV Improvement	Students will demonstrate improvement of the cardiovascular system through the use of fat burning circuit training.
	2020-21 (Fall 2020)	ECC: 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.
	2020-21 (Fall 2020)	ECC: 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.
	2020-21 (Fall 2020)	ECC: PE 275	Sport Psychology	SLO #1 Study vs Experiment	The student will describe the difference between a study and an experiment.
	2020-21 (Fall 2020)	ECC: 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.
	2020-21 (Fall 2020)	ECC: 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.
	2020-21 (Fall 2020)	ECC: 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.
	2020-21 (Fall 2020)	ECC: PE 7	Baseball	SLO #1 Rules	Students will identify basic rules and strategy within the sport.
	2020-21 (Fall 2020)	ECC: 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.
	2020-21 (Spring 2021)	ECC: CH 1	Personal and Community Health Issues	SLO #2 Warning Signs of Cancer	The student will identify the seven warnings signs of cancer
	2020-21 (Spring 2021)	ECC: 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.
	2020-21 (Spring 2021)	ECC: PE 221	Defense Tactics	SLO #2 Flexibility	Students will demonstrate improvement in the flexibility component of fitness.
	2020-21 (Spring 2021)	ECC: PE 241	Intermediate/Advanced Swimming	SLO #2 Technique	The student will demonstrate good form and breathing technique while performing freestyle.
	2020-21 (Spring 2021)	ECC: PE 245	Water Aerobics	SLO #2 Flexibility	Students will demonstrate improvements in flexibility.
	2020-21 (Spring 2021)	ECC: 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.
	2020-21 (Spring 2021)	ECC: PE 249	Swimming for Fitness	SLO #2 Stroke Technique	Student will demonstrate ability to swim the competitive swim strokes with proper technique.
	2020-21 (Spring 2021)	ECC: PE 251	Tennis	SLO #2 Stroke Technique	Student will demonstrate proper stroke technique for the forehand stroke and backhand stroke.
	2020-21 (Spring 2021)	ECC: 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.

Unit Name	Course SLO Assessment Cycle	Course ID	Course Name	Course SLO Title	Course SLO Statement
	2020-21 (Spring 2021)	ECC: 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
	2020-21 (Spring 2021)	ECC: 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.
	2020-21 (Spring 2021)	ECC: PE 3	Boot Camp Fitness Training	SLO #2 Fitness	Students will evaluate their fitness level, and demonstrate improvement in fitness.
	2021-22 (Fall 2021)	ECC: PE 10 A	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.
	2021-22 (Fall 2021)	ECC: PE 18	Boxing	SLO #3 Sparring	Students will demonstrate sparring to the body
	2021-22 (Fall 2021)	ECC: PE 2	Walking for Fitness	SLO #3 Stretching	Students will demonstrate and explain the value of static stretching exercises.
	2021-22 (Fall 2021)	ECC: PE 204	Badminton	SLO #2 Rules	Students will identify the “Laws of the Game” and explain the rules and the regulations governing the sport.
	2021-22 (Fall 2021)	ECC: PE 208	Bowling	SLO #2 Spare Strategies	Students will identify the appropriate strategies for executing various spare shots.
	2021-22 (Fall 2021)	ECC: PE 224	Golf	SLO #2 Putting	Student will demonstrate proficiency in putting a golf ball.
	2021-22 (Fall 2021)	ECC: PE 240	Beginning Swimming	SLO #2 Backstroke	The student will demonstrate swimming on their back using either backstroke or elementary backstroke.
	2021-22 (Fall 2021)	ECC: 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.
	2021-22 (Fall 2021)	ECC: PE 250	Techniques of Surfboard Riding	SLO #2 Identify Wave	Students will identify an appropriate wave to ride for their skill level.
	2021-22 (Fall 2021)	ECC: PE 254	Aerobic Fitness	SLO #3 Body Composition	Students will calculate their body fat percentage with the goal of improving body composition over the course of the semester.
	2021-22 (Fall 2021)	ECC: 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.
	2021-22 (Fall 2021)	ECC: PE 259	Circuit Training	SLO #2 Aerobic vs Anaerobic	Students will distinguish the differences between the aerobic and anaerobic energy systems.
	2021-22 (Fall 2021)	ECC: 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.
	2021-22 (Fall 2021)	ECC: PE 272	Care and Prevention of Athletic Injuries	SLO #2 Management Techniques	Students will explain and justify common management techniques for athletic injuries.
	2021-22 (Fall 2021)	ECC: PE 275	Sport Psychology	SLO #2 Motivation	The student will compare and contrast intrinsic vs extrinsic motivation.
	2021-22 (Fall 2021)	ECC: 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.

Unit Name	Course SLO Assessment Cycle	Course ID	Course Name	Course SLO Title	Course SLO Statement
	2021-22 (Fall 2021)	ECC: PE 4	Basketball	SLO #2 Offensive Techniques	Student will execute and explain the introductory offensive techniques, such as pivoting, dribbling, passing and shooting.
	2021-22 (Fall 2021)	ECC: PE 54	Weight Training	SLO #2 Anatomy and Movements	Student will identify muscle anatomy and describe basic muscle movements.
	2021-22 (Fall 2021)	ECC: PE 7	Baseball	SLO #2 Fielding	Students will demonstrate proper fundamentals of fielding.
	2021-22 (Fall 2021)	ECC: 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.
	2021-22 (Spring 2022)	ECC: CH 1	Personal and Community Health Issues	SLO #3 Risk Factors of CV Disease	The student will identify the risk factors of cardiovascular disease
	2021-22 (Spring 2022)	ECC: 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.
	2021-22 (Spring 2022)	ECC: PE 221	Defense Tactics	SLO #3 Awareness	Students will apply the concepts of awareness in their environment.
	2021-22 (Spring 2022)	ECC: PE 241	Intermediate/Advanced Swimming	SLO #3 Strokes	The student will demonstrate competence in at least four different strokes.
	2021-22 (Spring 2022)	ECC: PE 245	Water Aerobics	SLO #3 Exercise Heart Rate	Students will calculate and utilize exercise training heart rates to monitor exercise intensity.
	2021-22 (Spring 2022)	ECC: 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.
	2021-22 (Spring 2022)	ECC: PE 249	Swimming for Fitness	SLO #3 Swim Sets	Student will identify written or verbal 'swim sets' by completing various assigned sets.
	2021-22 (Spring 2022)	ECC: PE 251	Tennis	SLO #3 Fitness	Students will demonstrate an improvement in cardiovascular fitness.
	2021-22 (Spring 2022)	ECC: 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.
	2021-22 (Spring 2022)	ECC: PE 277	Introduction to Kinesiology and Physical Education	SLO #3 Foundations	Students will identify and describe the historical, ethical and philosophical foundations of Kinesiology.
	2021-22 (Spring 2022)	ECC: PE 290	Personal Fitness Trainer	SLO #3 Strength Improvement	Students will achieve improvement in upper and lower body strength.
	2021-22 (Spring 2022)	ECC: PE 3	Boot Camp Fitness Training	SLO #3 Demonstrate Exercises	Students will demonstrate a variety of anaerobic and aerobic exercises.
	2022-23 (Fall 2022)	ECC: PE 10 A	Body Conditioning and Physical Fitness	SLO #3 Cardiovascular Fitness	Student will demonstrate advancement in personal cardiovascular fitness.
	2022-23 (Fall 2022)	ECC: PE 204	Badminton	SLO #3 Overhead Smash	Students will demonstrate proficiency and accuracy in the overhead smash
	2022-23 (Fall 2022)	ECC: PE 208	Bowling	SLO #3 Terminology and Etiquette	Students will explain proper bowling terminology and lane etiquette.
	2022-23 (Fall 2022)	ECC: PE 224	Golf	SLO #3 Rules	Students will identify the rules of golf and explain proper etiquette.
	2022-23 (Fall 2022)	ECC: 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.

Unit Name	Course SLO Assessment Cycle	Course ID	Course Name	Course SLO Title	Course SLO Statement
	2022-23 (Fall 2022)	ECC: 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.
	2022-23 (Fall 2022)	ECC: PE 258	Power Vinyasa Yoga	SLO #3 Power Yoga Innovators	Students will compare and contrast two power yoga Innovators in a written assignment.
	2022-23 (Fall 2022)	ECC: 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.
	2022-23 (Fall 2022)	ECC: PE 272	Care and Prevention of Athletic Injuries	SLO #3 Emergency Plan	Students will design and rehearse an emergency action plan.
	2022-23 (Fall 2022)	ECC: PE 275	Sport Psychology	SLO #3 Goal Setting	The student will describe the characteristics of effective goal setting.
	2022-23 (Fall 2022)	ECC: 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.
	2022-23 (Fall 2022)	ECC: PE 4	Basketball	SLO #3 Defensive Principles	Student will explain and execute man to man defensive principles.
	2022-23 (Fall 2022)	ECC: 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
	2022-23 (Fall 2022)	ECC: PE 7	Baseball	SLO #3 Hitting	Students will identify proper fundamentals of hitting
	2022-23 (Fall 2022)	ECC: 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.