

# \*COURSE SLO STATEMENTS REPORT\*

ECC - KINESIOLOGY

Course ID	Course Name	Course SLO Title	Course SLO Statement	Course SLO Status	Input Date
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.	Active	11/29/2013
ECC: CH 1	Personal and Community Health Issues	SLO #2 Warning Signs of Cancer	The student will identify the seven warnings signs of cancer	Active	11/29/2013
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	Active	11/29/2013
ECC: CH 3	Drugs and Alcohol in Society	SLO #1 Identify Symptoms	Students will identify the signs and symptoms of Alcoholism.	Active	11/29/2013
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.	Active	11/29/2013
ECC: CH 3	Drugs and Alcohol in Society	SLO #3 Psychoactive Drugs	Student will identify the five categories of psychoactive drugs.	Active	11/29/2013
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.	Active	11/17/2014
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.	Active	11/17/2014
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.	Active	11/17/2014
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.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
ECC: PE 10 A	Body Conditioning and Physical Fitness	SLO #3 Cardiovascular Fitness	Student will demonstrate advancement in personal cardiovascular fitness.	Active	11/29/2013
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.	Active	11/29/2013
ECC: PE 135abcd	Sport-Specific, Periodized Training	SLO #2 Sport Specific	Student will identify conditioning techniques for a specific sport and	Active	11/29/2013

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ECC: PE 135abcd	for Athletes	SLO #2 Sport Specific	evaluate progression in performance using a standardized testing procedure.	Active	11/29/2013
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.	Active	11/29/2013
ECC: PE 18	Boxing	SLO #1 Improved Endurance	Students will demonstrate improvements in aerobic and anaerobic cardio respiratory endurance.	Active	11/29/2013
ECC: PE 18	Boxing	SLO #2 Techniques	Students will demonstrate at least three boxing techniques (routines).	Active	11/29/2013
ECC: PE 18	Boxing	SLO #3 Sparring	Students will demonstrate sparring to the body	Active	11/29/2013
ECC: PE 2	Walking for Fitness	SLO #1 Improved Fitness	Students will demonstrate improvement in their Physical Fitness through an individualized fitness walking program.	Active	11/29/2013
ECC: PE 2	Walking for Fitness	SLO #2 Exercise Heart Rates	Students will utilize exercise training heart rates to monitor exercise intensity.	Active	11/29/2013
ECC: PE 2	Walking for Fitness	SLO #3 Stretching	Students will demonstrate and explain the value of static stretching exercises.	Active	11/29/2013
ECC: PE 204	Badminton	SLO #1 Overhead Clear	Students will demonstrate proficiency and accuracy in the overhead clear.	Active	11/29/2013
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.	Active	11/29/2013
ECC: PE 204	Badminton	SLO #3 Overhead Smash	Students will demonstrate proficiency and accuracy in the overhead smash	Active	11/29/2013
ECC: PE 208	Bowling	SLO #1 Keeping Score	Students will demonstrate the process of keeping score.	Active	11/29/2013
ECC: PE 208	Bowling	SLO #2 Spare Strategies	Students will identify the appropriate strategies for executing various spare shots.	Active	11/29/2013
ECC: PE 208	Bowling	SLO #3 Terminology and Etiquette	Students will explain proper bowling terminology and lane etiquette.	Active	11/29/2013
ECC: PE 217	Sports Officiating	SLO #1 Qualifications	Student will identify the qualifications and duties required for becoming a sports official.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
ECC: PE 220	Naginata - A Japanese Martial Art	SLO #2 Identify Terminology	Students will identify Japanese terminology related to Naginata.	Active	11/29/2013
ECC: PE 220	Naginata - A Japanese Martial Art	SLO #3 Etiquette	Students will demonstrate proper etiquette with the martial art of Naginata.	Active	11/29/2013
ECC: PE 221	Defense Tactics	SLO #1 Elbow Strikes	Students will demonstrate the proper technique in the execution of four basic elbow strikes.	Active	11/29/2013
ECC: PE 221	Defense Tactics	SLO #2 Flexibility	Students will demonstrate improvement in the flexibility component of fitness.	Active	11/29/2013
ECC: PE 221	Defense Tactics	SLO #3 Awareness	Students will apply the concepts of awareness in their environment.	Active	11/29/2013

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ECC: PE 224	Golf	SLO #1 Driving	Students will demonstrate proficiency in driving a golf ball.	Active	01/24/2014
ECC: PE 224	Golf	SLO #2 Putting	Student will demonstrate proficiency in putting a golf ball.	Active	11/29/2013
ECC: PE 224	Golf	SLO #3 Rules	Students will identify the rules of golf and explain proper etiquette.	Active	11/29/2013
ECC: PE 240	Beginning Swimming	SLO #1 Breathing	The student will demonstrate swimming freestyle using correct breathing.	Active	11/29/2013
ECC: PE 240	Beginning Swimming	SLO #2 Backstroke	The student will demonstrate swimming on their back using either backstroke or elementary backstroke.	Active	11/29/2013
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.	Active	11/29/2013
ECC: PE 241	Intermediate/Advanced Swimming	SLO #1 500 Yard Swim	The student will demonstrate improvement in a 500 yard swim.	Active	11/29/2013
ECC: PE 241	Intermediate/Advanced Swimming	SLO #2 Technique	The student will demonstrate good form and breathing technique while performing freestyle.	Active	11/29/2013
ECC: PE 241	Intermediate/Advanced Swimming	SLO #3 Strokes	The student will demonstrate competence in at least four different strokes.	Active	11/29/2013
ECC: PE 245	Water Aerobics	SLO #1 CV Fitness	Students will demonstrate improvements in cardiovascular fitness.	Active	11/29/2013
ECC: PE 245	Water Aerobics	SLO #2 Flexibility	Students will demonstrate improvements in flexibility.	Active	11/29/2013
ECC: PE 245	Water Aerobics	SLO #3 Exercise Heart Rate	Students will calculate and utilize exercise training heart rates to monitor exercise intensity.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
ECC: PE 249	Swimming for Fitness	SLO #1 CV Fitness Improvement	Student will demonstrate improvement in cardiovascular endurance.	Active	11/29/2013
ECC: PE 249	Swimming for Fitness	SLO #2 Stroke Technique	Student will demonstrate ability to swim the competitive swim strokes with proper technique.	Active	11/29/2013
ECC: PE 249	Swimming for Fitness	SLO #3 Swim Sets	Student will identify written or verbal 'swim sets' by completing various assigned sets.	Active	11/29/2013

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ECC: PE 250	Techniques of Surfboard Riding	SLO #1 Paddling	Students will demonstrate knee and prone paddling techniques.	Active	11/29/2013
ECC: PE 250	Techniques of Surfboard Riding	SLO #2 Identify Wave	Students will identify an appropriate wave to ride for their skill level.	Active	11/29/2013
ECC: PE 250	Techniques of Surfboard Riding	SLO #3 Paddling Speed	Students will demonstrate improvement in paddling speed.	Active	11/29/2013
ECC: PE 251	Tennis	SLO #1 Rules	Students will identify and explain the rules for the game of Tennis.	Active	11/29/2013
ECC: PE 251	Tennis	SLO #2 Stroke Technique	Student will demonstrate proper stroke technique for the forehand stroke and backhand stroke.	Active	11/29/2013
ECC: PE 251	Tennis	SLO #3 Fitness	Students will demonstrate an improvement in cardiovascular fitness.	Active	11/29/2013
ECC: PE 253	Volleyball	SLO #1 Passing	The student will demonstrate accuracy in volleyball passing off the serve.	Active	11/29/2013
ECC: PE 253	Volleyball	SLO #2 Hitting Approach	Student will demonstrate and explain the basic fundamentals of a hitting approach.	Active	11/29/2013
ECC: PE 253	Volleyball	SLO #3 Rules and Strategies	Students will identify and explain rules and strategies associated with the game of volleyball.	Active	11/29/2013
ECC: PE 254	Aerobic Fitness	SLO #1 CV Endurance	Students will demonstrate improvements in Cardiovascular Endurance.	Active	01/21/2014
ECC: PE 254	Aerobic Fitness	SLO #2 Flexibility Improvement	Students will demonstrate improvements in flexibility.	Active	01/21/2014
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.	Active	01/21/2014
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.	Active	01/30/2014
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.	Active	01/30/2014
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.	Active	01/30/2014
ECC: PE 258	Power Vinyasa Yoga	SLO #03 Breathing (INACTIVE)	Students will describe the three Bandhas and Ujjayi Breathing used in Power Yoga.	Inactive	01/30/2014
ECC: PE 258	Power Vinyasa Yoga	SLO #1 Surya Namaskar Sequencing	Students will explain the correct sequencing of postures in Surya Namaskar B.	Active	01/30/2014
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.	Active	01/30/2014
ECC: PE 258	Power Vinyasa Yoga	SLO #3 Power Yoga Innovators	Students will compare and contrast two power yoga Innovators in a written assignment.	Active	10/03/2016
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.	Active	02/03/2014
ECC: PE 259	Circuit Training	SLO #2 Aerobic vs Anaerobic	Students will distinguish the differences between the aerobic and anaerobic energy systems.	Active	02/03/2014
ECC: PE 259	Circuit Training	SLO #3 Target Heart Rate	Students will calculate their aerobic target heart rate.	Active	02/03/2014
ECC: PE 260	Basic Principles of Fitness and Weight Control	SLO #1 Technique	Students will demonstrate proper resistance training technique.	Active	11/29/2013
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.	Active	11/29/2013

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ECC: PE 260	Basic Principles of Fitness and Weight Control	SLO #3 Strength	Students will achieve improvement in upper and lower body strength.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
ECC: PE 272	Care and Prevention of Athletic Injuries	SLO #2 Management Techniques	Students will explain and justify common management techniques for athletic injuries.	Active	11/29/2013
ECC: PE 272	Care and Prevention of Athletic Injuries	SLO #3 Emergency Plan	Students will design and rehearse an emergency action plan.	Active	11/29/2013
ECC: PE 275	Sport Psychology	SLO #1 Study vs Experiment	The student will describe the difference between a study and an experiment.	Active	11/28/2013
ECC: PE 275	Sport Psychology	SLO #2 Motivation	The student will compare and contrast intrinsic vs extrinsic motivation.	Active	11/29/2013
ECC: PE 275	Sport Psychology	SLO #3 Goal Setting	The student will describe the characteristics of effective goal setting.	Active	11/29/2013
ECC: PE 277	Introduction to Kinesiology and Physical Education	SLO #1 Basic Concepts	Students will identify and describe the basic concepts of Kinesiology.	Active	11/29/2013
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	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
ECC: PE 290	Personal Fitness Trainer	SLO #1 Technique	Students will demonstrate proper resistance training technique.	Active	11/29/2013
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.	Active	04/24/2015
ECC: PE 290	Personal Fitness Trainer	SLO #3 Strength Improvement	Students will achieve improvement in upper and lower body strength.	Active	11/29/2013
ECC: PE 3	Boot Camp Fitness Training	SLO #1 Muscles	Students will identify muscles and which exercise targets each.	Active	11/29/2013
ECC: PE 3	Boot Camp Fitness Training	SLO #2 Fitness	Students will evaluate their fitness level, and demonstrate improvement in fitness.	Active	11/29/2013
ECC: PE 3	Boot Camp Fitness Training	SLO #3 Demonstrate Exercises	Students will demonstrate a variety of anaerobic and aerobic exercises.	Active	11/29/2013

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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.	Active	11/29/2013
ECC: PE 4	Basketball	SLO #2 Offensive Techniques	Student will execute and explain the introductory offensive techniques, such as pivoting, dribbling, passing and shooting.	Active	11/29/2013
ECC: PE 4	Basketball	SLO #3 Defensive Principles	Student will explain and execute man to man defensive principles.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
ECC: PE 54	Weight Training	SLO #2 Anatomy and Movements	Student will identify muscle anatomy and describe basic muscle movements.	Active	11/29/2013
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	Active	11/29/2013
ECC: PE 7	Baseball	SLO #1 Rules	Students will identify basic rules and strategy within the sport.	Active	11/29/2013
ECC: PE 7	Baseball	SLO #2 Fielding	Students will demonstrate proper fundamentals of fielding.	Active	11/29/2013
ECC: PE 7	Baseball	SLO #3 Hitting	Students will identify proper fundamentals of hitting	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013
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.	Active	11/29/2013