

Physical Education - Student Learning Outcomes

PE 100	Lifetime Exercise Science	1. Identify correct strength training principles and design a personal strength training program. (ILO2) 2. Identify correct cardiovascular principles and design a personal cardiovascular program. (ILO2)
PE 102	Physical Fitness	1. Demonstrate strength and endurance components. (ILO1, ILO2, ILO3, ILO4) 2. Demonstrate improved cardiovascular fitness. (ILO1, ILO2, ILO3, ILO4)
PE 103	Physical Fitness - Women	1. Increase confidence in one's ability to exercise, and recognize benefits of exercises. (ILO3)
PE 104	Weight Training	1. Create and implement a comprehensive personal strength training program. (ILO1, ILO2, ILO3) 2. Demonstrate knowledge of strength development and appropriate weight training principles. (ILO1, ILO2, ILO3, ILO4)
PE 105	Public Safety Fitness	1. Demonstrate strength and endurance components. (ILO1, ILO2, ILO3, ILO4) 2. Demonstrate improved cardiovascular fitness. (ILO1, ILO2, ILO3, ILO4)
PE 106	Walking/Jogging Fitness	1. demonstrate improved aerobic fitness. (ILO3) 2. design, implement and critique a walking/jogging route of a designated distance around his/her neighborhood using a satellite system, . (ILO1, 2, 3, 4, 5)
PE 107	Aquatic Exercise	1. Design, implement and critique a 60 minute comprehensive aquatic workout. (ILO1, 2, 3, 4) 2. Increase cardiovascular fitness. (ILO3)
PE 111	Aerobics - Step	1. Understand basic step aerobics steps and moves. (ILO1) 2. Be able to do step aerobics for at least 30 continuous minutes. (ILO3)
PE 112	Basketball - Men	1. Perform with an increasing degree of proficiency in the skills, techniques and strategies of basketball. (ILO1, ILO2, ILO3)
PE 113	Basketball - Women	1. Demonstrate basic skills (dribbling, shooting, passing). (ILO3) 2. Explain basic strategies of offense and defense. (ILO1, ILO2, ILO4, ILO5)
PE 120	Softball	1. Perform the offensive and defensive "hit and run" skill with an increasing degree of proficiency. (ILO1, ILO2, ILO3)
PE 121	Beginning to Intermediate Swimming	1. exhibit improved swimming skills by moving up one level on the Am Red Cross Learn-to-Swim Program (ILO3) 2. create, implement, and critique one 45 minute swim workout (ILO 1, 2, 3)
PE 122	Lifeguard Training	1. demonstrate knowledge of water safety skills and American Red Cross rescue techniques (ILO 1, 2, 3) 2. recognize an aquatic emergency and respond by demonstrating appropriate entry, approach, and rescue of victim according to American Red Cross standards (ILO 1, 2, 3, 4)
PE 123	Water Safety Instr Train	1. demonstrate knowledge of swimming skills (ILO1, 2, 4) 2. implement a lesson plan that effectively teaches one aquatic skill using appropriate organization, strategies, cues, and constructive feedback (ILO 1, 2, 3, 4)
PE 126	Tennis	1. exhibit improved fundamental tennis strokes and foot work. (ILO1, ILO2, ILO3, ILO4) 2. model tennis game strategy and procedures. (ILO1, ILO2) 3. demonstrate knowledge of tennis fundamentals and court etiquette. (ILO1, ILO2, ILO4)
PE 127	Tennis - Advanced	1. perform the skills, footwork, and strategies of tennis with an increased degree of proficiency. (ILO1, ILO2, ILO3, ILO4) 2. demonstrate comprehensive knowledge of tennis concepts. (ILO1, ILO2, ILO4)
PE 128	Volleyball	1. demonstrate basic skills (passing, setting, spiking & serving). (ILO1, ILO3) 2. explain basic strategies of offensive and defensive transitions. (ILO1, ILO2, ILO4, ILO5) 3. display a general understanding of rules relating to the game of volleyball both nationally and internationally. (ILO1, ILO5)

Physical Education - Student Learning Outcomes

PE 129	Volleyball - Advanced	1. demonstrate the knowledge of the history of indoor and beach volleyball games. (ILO2, ILO3, ILO4) 2. understand the basic language used in volleyball. (ILO1, ILO2, ILO4)
PE 130	Adapted Physical Exercise	1. exhibit improved fitness in one of the fitness principles (ILO3) 2. design a comprehensive workout plan following sound fitness principles. (ILO1, ILO2, ILO4)
PE 131	Adapted Sports	1. demonstrate improved skills in one sport. (ILO3) 2. design, implement, and critique a workout plan incorporating training activities involved in one sport (ILO1, 2, 4)
PE 142	Advanced Swimming	1. exhibit improved swimming endurance (ILO3) 2. create, implement, and critique one 60 minute comprehensive aquatic workout (ILO 1, 2, 3, 4)
PE 143	Advanced Basketball - Men	1. perform, with an increasing degree of proficiency in the advanced skills, techniques and strategies of basketball. (ILO1, ILO2, ILO3)
PE 144	Advanced Basketball - Women	1. Demonstrate the knowledge of the advanced skills necessary to participate in a basketball game. (ILO1, ILO2, ILO3, ILO4) 2. Demonstrate and apply the rules associated with the game of basketball. (ILO1, ILO2, ILO4) 3. Experience comprehensive offensive and defensive systems utilized and apply the strategy of when to use them. (ILO1, ILO2, ILO3, ILO4, ILO5)
PE 170	Beginning Bowling	1. Demonstrate fundamental skills and techniques. (ILO1, ILO2, ILO3, ILO4) 2. Apply the procedures used in scoring. (ILO1, ILO2, ILO3, ILO4) 3. Identify the rules of bowling etiquette. (ILO1, ILO3)
PE 171	Intermediate Bowling	1. Understand the forces that affect the path of the ball. (ILO1, ILO2, ILO3) 2. Identify and correct improper stance and release techniques to assist in a higher percentage of hit pins. (ILO1, ILO2, ILO3) 3. Able to skillfully deliver the ball to the proper points of aim for strikes and spares. (ILO1, ILO2, ILO3)
PE 172	Advanced Bowling	1. Demonstrate competency in advanced skills and techniques with relation to delivery principles, strike principles and spare principles. (ILO2, ILO3, ILO4) 2. Demonstrate the 3-6-9 and 2-4-6- adjustment systems. (ILO3, ILO4) 3. Demonstrate competitive play in a tournament setting. (ILO3)
PE 200	Theory of Baseball	1. Demonstrate appropriate offensive baseball strategy. (ILO2, ILO3, ILO4) 2. Demonstrate appropriate defensive baseball strategy. (ILO2, ILO3, ILO4)
PE 201	Theory of Basketball	1. Identify offensive and defensive concepts of team basketball with an increasing degree of proficiency. (ILO1, ILO2, ILO4) 2. Perform with an increasing degree of proficiency in the fundamental skills, techniques, and strategies of basketball. (ILO1, ILO2, ILO3)
PE 202	Theory of Softball	1. Demonstrate appropriate offensive softball strategies. (ILO2, ILO3, ILO4) 2. Demonstrate appropriate defensive softball strategies. (ILO2, ILO3, ILO4)
PE 203	Theory of Volleyball	1. Demonstrate the knowledge of the history of indoor and beach volleyball games. (ILO2, 2. Describe some of the basic workouts that prepare a player for success in the game. (ILO1, ILO2, ILO4) 3. Compose a nutritional regime that meets criteria necessary for quality performance. (ILO1, ILO2, ILO3, ILO4, ILO5) 4. Experience basic offensive and defensive systems utilized and know the strategy of when to use them. (ILO1, ILO2, ILO3, ILO4, ILO5)
PE 209	Introduction to Physical Education	1. Identify cultural influences and trends influencing physical education.(ISLO2, ISLO4, ISLO5) 2. Identify career related fields in Physical Education and Exercise Science. (ISLO1, ISLO2, ISLO5) 3. Assess future issues in Physical Education and Exercise Science. (ISLO2, ISLO4, ISLO5)
PE 211	Physical Education in the Elementary School	1. Create and perform appropriate elementary PE lessons. (ILO1, ILO2, ILO3) 2. Determine and evaluate appropriate and inappropriate elementary PE practices and lesson components. (ILO1, ILO2, ILO3, ILO4) 3. Critique lesson highlights and needed improvements. (ILO1, ILO2, ILO3)

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PE 219	Introduction to Athletic Training	<ol style="list-style-type: none"> 1. Discuss the duties of an Athletic Trainer and the requirements for certification. (ILO1, ILO3, ILO4) 2. Identify and care for common athletic injuries. (ILO1, ILO2, ILO3) 3. Recognize and provide emergency first aid for serious athletic injuries. (ILO1, ILO2, ILO3, ILO4)
PE 221	Psychology of Coaching	<ol style="list-style-type: none"> 1. Analyze the role that competition plays in our continuing development as individuals. (ILO1, ILO2, ILO3, ILO4, ILO5) 2. Explain psychological principles used by successful coaches in various sports. (ILO1, ILO2, ILO3, ILO4, ILO5) 3. Identify the problems in sports as they relate to mental vs. physical performance. (ILO1, ILO2, ILO3)
PE 222	Sports Officiating	<ol style="list-style-type: none"> 1. Observe, identify and utilize the basic techniques of officiating. (ILO1, ILO2, ILO3, ILO4, ILO5) 2. Understand and implement the rules for each sport. (ILO1, ILO2, ILO3, ILO4) 3. Understand and implement the appropriate hand gestures with the specific call/rule. (ILO1, ILO2, ILO3, ILO4)