

# SLO Presentation

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PEX

Date: 09-15-2022

## ISLO

### Civic Engagement

- Students will develop values and beliefs in their role as a member of local, national and global societies to promote truth, fairness and goodwill to others. They will use the democratic process to further their values and beliefs and recognize and accept differing perspectives based on cultural diversity. They will engage in actions which provide service to others and have a positive impact on their local community.

### Communication and Expression

- Students will demonstrate the ability to effectively and appropriately communicate their thoughts and ideas both in written and oral forms. They will develop verbal and non-verbal delivery skills, in an appropriate manner, to communicate their ideas as well as evaluate the ideas of others in a wide variety of contexts.

### Critical Thinking and Quantitative Reasoning

- Students will demonstrate the ability to recognize assumptions within an argument and actively and skillfully analyze underlying reasoning to develop a conclusion. They will apply qualitative and/or quantitative analysis to solve problems, predict outcomes, test hypotheses, and explore alternatives in an ethical manner.

### Information Literacy

- Students will demonstrate the ability to determine when gathering additional information is necessary. They will use appropriate resources and technologies to locate, evaluate and incorporate the information when developing supporting arguments and drawing conclusions. Students will also develop the ability to understand any legal, ethical or social issues regarding the use of information.

### Personal Knowledge and Responsibility

- Students will develop the necessary skills to define, maintain and complete their personal educational goals. They will learn to work independently to accomplish personal goals toward realizing their full potential academically, physically and emotionally whether for personal enrichment, further education or career advancement.

<b>Kinesiology: Health, Physical Education, Dance, and Athletics</b>
<b>PEX</b>
<b>Physical Education--AA</b> <ul style="list-style-type: none"><li>• Students demonstrate the four major strokes used in competitive swimming.</li><li>• Students differentiate the various academic discipline within the field of physical education.</li><li>• Students evaluate a basic performance in individual team sports.</li><li>• Students identify the elements of a comprehensive fitness plan.</li><li>• Students recognize rules and strategies for various individual and team sports.</li></ul>
<b>CSLO</b>
<b>PEX100 - Fitness for Student's with Disabilities</b> <ul style="list-style-type: none"><li>• According to ability, students describe or demonstrate appropriate fitness activities appropriate for themselves.</li><li>• According to ability, students develop an individualized program using appropriate fitness activities</li></ul>
<b>PEX100A - Adapted Independent Exercise</b> <ul style="list-style-type: none"><li>• According to ability, students will describe or demonstrate appropriate exercises for themselves</li><li>• According to ability and with the assistance of the instructor, students will develop an individualized exercise program using appropriate exercises for themselves</li></ul>
<b>PEX101 - Wheelchair Activities</b> <ul style="list-style-type: none"><li>• According to ability, students will be able to demonstrate participation in adapted wheelchair activities by the end of the semester.</li><li>• According to ability, students will demonstrate knowledge of rules for adapted sports games.</li></ul>
<b>PEX102 - Adapted Cardiovascular Exercise</b> <ul style="list-style-type: none"><li>• According to ability, students describe or demonstrate an appropriate cardiovascular exercise program.</li><li>• According to ability, students demonstrate ability to measure exercise heart rate.</li></ul>

**PEX103 - Adapted Strength Training**

- Students describe benefits of strength training according to ability.
- Students describe or demonstrate an appropriate strength training program according to ability.

**PEX103A - Adapted Circuit Weight Training**

- According to ability, students will be able to describe the benefits of participating in a weight circuit training class
- According to ability, students will be able to describe or demonstrate an appropriate weight training circuit for themselves

**PEX104 - Adapted Stretching and Relaxation**

- According to ability, students will develop an individual stretching program that utilizes various techniques.
- According to ability, students will demonstrate a knowledge of safety precautions when stretching.
- According to ability, students will describe or demonstrate an appropriate stretching program.

**PEX104D - Introduction to Adapted Dance**

- Recognizes the diversity available in varying dance genres.
- Utilize elements of space, time and energy to coordinate varying movements.
- Analyzes and demonstrates movements appropriate to one's own body mechanics and mental understanding of movement execution.
- Analyzes and participates in movement progressions and combinations, learning basic dance technique and terminology.
- Practices decision making in choreographic choices in final project presentation.

**PEX105 - Adapted Swimming**

- Students describe or demonstrate an appropriate swimming program according to their ability.
- Students demonstrate basic water safety rules and skills according to their ability.

**PEX106 - Adapted Aquatic Exercise**

- According to ability, describe or demonstrate an appropriate adapted aquatic exercise program
- According to ability, demonstrate basic water safety rules

**PEX106A - Adapted Aquatic Group Fitness**

- Demonstrate a knowledge of safety precautions when doing aquatic cardiovascular, strength, and flexibility exercises
- Demonstrate proper body mechanics and exercise techniques
- According to ability, students will describe the benefits of aquatic cardiovascular, strength, and flexibility exercises

**PEX107 - Adapted Team Sports**

- A. Participate in adapted basketball and soccer activities and games
- B. Understanding of sport rules, scoring and team strategy
- C. Identify the importance of proper warm-up for team sport participation

**PEX107A - Adapted Soccer**

- According to ability, students will learn the rules, positions, and skills to play full size games, short field games, and power soccer
- According to ability, students will demonstrate basic skills of soccer including kicking, passing, dribbling, shooting, and throw ins

**PEX108 - Adapted Individual Sports**

- According to ability level, students will participate in an adapted individual sport
- According to ability level, students will demonstrate proper safety techniques related to each individual sport played
- According to ability, students will demonstrate individual sport techniques
- According to ability, students will demonstrate proper warm up techniques

**PEX109 - Adapted Group Fitness**

- According to ability, students will be able to describe the benefits of participating in a group fitness class
- According to ability, students will be able to describe or demonstrate an appropriate exercise progressions for themselves

**PEX110 - Aerobic Activities**

- Students demonstrate an understanding of fitness assessment.
- Students demonstrate improvement in the 5 components of fitness by comparison of pre and post fitness assessments.
- Students demonstrate proper body mechanics and exercise techniques.

**PEX112 - Step Aerobics**

- Students demonstrate improvement in cardiovascular fitness.
- Students demonstrate improvement in flexibility.
- Students demonstrate improvement in muscular fitness.

**PEX113 - Zumba**

- Demonstrate the six basic dance rhythms
- Identify ways to increase muscle strength, tone and flexibility
- Demonstrate a knowledge of Zumba dance fitness
- Understand the long-term benefits of cardiovascular exercise

**PEX116 - Water Aerobics**

- Understand and apply the use of target heart rate
- Analyze the benefits of aerobic water conditioning

**PEX117 - Aqua Zumba**

- Demonstrate the basic skills necessary to perform aqua Zumba
- Understand the basic principles of aqua Zumba training
- Understand the basic properties of water (temperature, buoyance, resistance, eddy/drag) and articulate the benefits of water exercise
- Identify ways to increase muscle strength, tone and flexibility

**PEX118 - Triathlon Basics**

- Students will be able to complete ½ mile swim, 10 mile bike ride and 2 mile run.

**PEX119 - Basic Training and Physical Conditioning**

- Students demonstrate improvement in cardiovascular fitness.
- Students understand the correct techniques of training for cardiorespiratory endurance, agility, core stabilization, flexibility and power.

**PEX120 - Cardio Kickboxing**

- Explain the history and theory of Cardio Kickboxing/Muay Thai
- Explain the fundamentals and purpose for proper warm up, cool down and stretching
- Demonstrate effective offensive and defensive physical techniques from a standing combative position
- Recognize positions of advantage and disadvantage and implement various offensive and defensive techniques
- Apply practical combative techniques which can be advantageous in a Self Defense situation

**PEX121 - High-Intensity Interval Training**

- Describe improvement in cardiovascular fitness
- Develop workouts utilizing appropriate rest-work intervals
- Apply the overload principle in all workouts

**PEX122 - Cross Training and Functional Exercises**

- Demonstrate improvement in cardiorespiratory fitness
- Demonstrate improvement in core strength and endurance
- Explain the correct techniques of training for cardiorespiratory endurance, agility, core stabilization, flexibility and power

**PEX124 - Personal Fitness Program**

- Students demonstrate improvements in the five components of fitness by comparison of pre and post fitness assessments.

- Students demonstrate an understanding of target heart rate.
- Students understand the principles of program development related to personal goals.

### PEX126 - Physical Fitness Training

- Students analyze the correlation between the intensity level of their heart rate during workouts and their own improvement in the cardiovascular endurance test results.
- Students evaluate the relationship between their weight loss and their increased workload as recorded in their daily log.
- Students synthesize multiple training categories in the development of a training plan targeting heart rate, body composition and balance.

### PEX130 - Weight Management

- Students demonstrate knowledge of effective weight management strategies.
- Students design and implement a fitness program emphasizing weight management.

### PEX132 - INDOOR CYCLING

- Students will describe how proper conditioning of the cardiorespiratory system will lower resting heart rates and blood pressures.
- Students will demonstrate an increase in cardiorespiratory endurance after completion of the indoor cycling class through cardiorespiratory fitness testing.

### PEX134 - Body Sculpting

- Students demonstrate a basic understanding of the muscular system.
- Students demonstrate proper techniques for exercising using hand weights.
- Students demonstrate proper techniques for training the core muscles.

### PEX135 - Ropes, Bands, and Suspension Training

- Describe the key principles in each component of fitness
- Explain correct techniques of training core stabilization, muscular strength and endurance, and flexibility for three suspension training exercises
- Discuss the appropriate and safe use of ropes, suspension trainer, and resistance bands
- Develop whole body workouts utilizing bands, ropes, and resistance trainers with muscle balance as a guiding principle.

### PEX136 - Stretching and Relaxation

- Students demonstrate breathing techniques necessary for relaxation and effective stretch performance.
- Students demonstrate knowledge of a variety of stretches for specific parts of the body.
- Students develop an individualized program.

### PEX137 - Cardio Barre Conditioning

- Acquire Ballet based fitness repertoire specific to individual fitness goals
- Demonstrate an understanding of the anatomy and bio-mechanics needed to perform dance and ballet based exercises
- Develop an individualized dance fitness program

### PEX138 - Walking for Fitness

- Students demonstrate an improvement in cardiovascular endurance.
- Students demonstrate an understanding of exercise heart rate.

### PEX139 - Walking/Jogging For Fitness

- A. Describe the walk-jog transition strategies
- B. Calculate their personal Target Heart Rate
- C. Construct a progressive workout plan for walking and jogging
- D. Demonstrate correct technique for walking and jogging

### PEX140 - Jogging Basics

- Students describe a complete warm up routine for preparatory jogging.
- Students describe proper jogging technique.

### PEX141 - Jogging for Fitness, Beginning

- Students demonstrate a proper warm up for jogging.
- Students describe the difference between splits and interval workouts.

### PEX142 - Group Treadmill and Cardio Machine Training

- Ability to develop a balanced circuit.
- Appreciation for the benefits of regular and proper exercise.
- Ability to understand the application of the Overload Principle and the Specificity Principle.
- Integrate components cardio machine use and circuit training into a lifelong pursuit of fitness and wellness.

### PEX145 - Circuit Weight Training, Beginning

- Students demonstrate a 20% increase in muscle strength of the lower body.
- Students demonstrate a 20% increase in muscle strength of the upper body.

### PEX147 - Personal Self Defense

- Students demonstrate proper ready position and physical defense techniques for a front attack.
- Students list strategies for staying safe on a date.

### PEX148 - Brazilian Jiu Jitsu

- Explain the history and theory of Brazilian Jiu Jitsu
- Explain the fundamentals and purpose for proper warm up, cool down and stretching
- Demonstrate effective offensive and defensive physical techniques from mount, rear mount, side mount, and guard
- Recognize positions of advantage and disadvantage and implement various control and passing techniques
- Apply practical combative techniques which can be advantageous in a Self Defense situation

### PEX148C - Brazilian Jiu Jitsu, Conditioning

- Explain the history and theory of Brazilian Jiu Jitsu
- Explain the fundamentals and purpose for proper warm up, cool down and stretching
- Demonstrate effective offensive and defensive physical techniques from mount, rear mount, side mount, and guard
- Recognize positions of advantage and disadvantage and implement various control and passing techniques
- Apply practical combative techniques which can be advantageous in a Self Defense situation
- Compare and contrast the physical conditioning skills utilized in class and how they can improve one's BJJ skills

### PEX149 - Tae Kwon Do, Beginning

- Students demonstrate improvement in strength, endurance, and flexibility.
- Students demonstrate Tae Kwon Do basic techniques with proficiency.

### PEX150 - Mixed Martial Arts

- A. Explain the history and theory of Brazilian MMA
- B. Explain the fundamentals and purpose for proper warm up, cool down and stretching
- C. Demonstrate effective offensive and defensive physical techniques from standing, mount, rear mount, side mount, and guard
- D. Recognize positions of advantage and disadvantage and implement various strikes, control and passing techniques
- E. Apply practical combative techniques which can be advantageous in a Self Defense situation

### PEX151 - Yoga

- Analyze and demonstrate yoga breathing, relaxation and meditation techniques.
- Demonstrate yoga poses in standing, sitting, kneeling, supine, and prone.
- Create a personalized 10-15 minute sequential yoga exercise plan.
- Develop my own individualized yoga program.

### PEX152 - Gentle Yoga

- Students perform restorative yoga poses with correct use of props such as belts and bolsters.

- Students perform various forms of breathing techniques and mediation.
- Students perform various forms of progressive relaxation.

#### **PEX153 - Meditative – Yoga and Stress Reduction**

- A. Analyze and demonstrate yoga breathing, relaxation and meditation techniques
- B. Demonstrate yoga poses in standing, sitting, kneeling, supine and prone
- C. Create a personalized yoga exercise and stress reduction plan

#### **PEX155 - Piyo: Introduction to Pilates and Yoga**

- Analyze and demonstrate yogic breathing, relaxation, and meditation and Pilates breathing and correct body alignment in mat exercises
- Demonstrate Yoga poses in standing, sitting, kneeling, supine, and prone and basic Level 1 Pilates mat exercises
- Create a personalized 10-15 minute sequential Yoga and Pilates plan

#### **PEX156 - Pilates Conditioning**

- Students demonstrate knowledge of basic Pilates mat exercises.
- Students develop their own individualized Pilates mat program using knowledge and experience from classroom instruction and participation.

#### **PEX157 - Dance Conditioning and Alignment**

- Analyze and demonstrate dance conditioning exercises utilizing breathing techniques, focus, muscle control, and visualization practices
- Integrate multiple dance conditioning modalities to enhance alignment, posture, strength, flexibility, and concentration
- Create a personalized dance conditioning plan of 10-15 exercises

#### **PEX161 - Badminton, Beginning**

- Students diagram two game strategies for court movement.
- Students identify six badminton strokes.

#### **PEX162 - Badminton, Fitness, And Technique Training**

- A. Construct a drill that incorporates a fitness component with a footwork drill
- B. Assemble and demonstrate three progressive footwork drills
- C. Diagram and demonstrate a movement sequence for two players using a series of six strokes
- D. Compare and analyze the technical pre-and post- tests results. Prepare a summary which explains the reasons for both pre- and post-test results

#### **PEX163 - Baseball, Beginning**

- Students demonstrate basic techniques for baseball.
- Students demonstrate knowledge of the rules of baseball.

#### **PEX165 - Basketball, Novice**

- Students demonstrate an understanding of basic rules of basketball and demonstrate legal dribbling, pivot, and jump stop techniques.
- Students demonstrate improved basic skills of basketball which include dribbling, passing and shooting.
- Students develop the correct technique to dribbling a basketball with each hand.

#### **PEX166 - Basketball, Beginning**

- Students demonstrate the ability to perform a lay-up.
- Students demonstrate the basics of shooting form.
- Students demonstrate the basics of the chest, bounce and overhead pass.

#### **PEX167 - Bowling, Beginning**

- Students analyze the four step approach and identify basic faults.
- Students understand and apply basic safety principles and bowling etiquette while participating in simulated league play.

#### **PEX169 - Song Unit**

- Students demonstrate techniques of entertaining and encouraging large groups at college events.
- Students perform basic dance and song leading routines with technical execution and performance artistry.

#### PEX171 - Cheerleading

- A. Recognize and perform basic cheerleading motions, jump techniques, and routines
- B. Demonstrate cheerleading skills through movement memorization, adequate rhythmic timing, and individual flexibility and strength
- C. Demonstrate clarity, precision, and voice projection with chants and cheers

#### PEX176 - Golf, Beginning

- Students demonstrate a sound, fundamental swing.
- Students demonstrate basic fundamentals of chipping and pitching

#### PEX177 - Futsal - Indoor Soccer

- A. Demonstrate knowledge of rules for indoor soccer/futsal
- B. Demonstrate basic skills of soccer, including kicking, passing, heading, dribbling, shooting, and throw-ins

#### PEX178 - Soccer, Beginning

- Students demonstrate knowledge of rules of soccer.
- Students demonstrate basic skills of soccer including kicking, passing, heading, dribbling, shooting, and throw ins.

#### PEX179 - Soccer Fitness and Technique

- Students demonstrate improved skill development in soccer.
- Students demonstrate improvement in soccer fitness tests.

#### PEX181 - Softball

- Students demonstrate knowledge of rules of softball.
- Students demonstrate basic offensive skills of softball.
- Students demonstrate basic defensive skills of softball.

#### PEX184 - Swimming, Novice

- Students demonstrate the fundamental techniques of floating and treading water.
- Students understand and apply the importance of water safety.

#### PEX185 - Swimming, Beginning

- Students demonstrate the back crawl (back stroke)
- Students demonstrate the front crawl (freestyle)
- Students tread water in the deep end of the pool for one minute.

#### PEX188 - Tennis, Introduction

- Students demonstrate an understanding for rules of tennis.
- Students demonstrate basic racquet grips.
- Students demonstrate basic tennis strokes including forehand, backhand, and serve.

#### PEX189 - Tennis, Beginning

- Students demonstrate knowledge of tennis scoring.
- Students demonstrate overhead strokes.
- Students demonstrate volley and half volley.

#### PEX191 - Volleyball, Introduction

- Students demonstrate an understanding about basic rules of volleyball.
- Students demonstrate the basic skills of volleyball such as passing, setting, hitting and serving under controlled conditions.

#### PEX192 - Volleyball, Beginning

- Students demonstrate correct footwork on approach to hitting a volleyball.

- Students demonstrate forearm pass using good form and accuracy to target.
- Students demonstrate front set using good form and accuracy to target

#### **PEX194 - Wrestling&#44 Beginning**

- The students will pass a basic skills test and a safety test

#### **PEX240 - Jogging for Fitness, Intermediate**

- Students define the overload principles using jogging examples from their increases in weekly mileage logs.
- Students demonstrate correct technique for running mechanics used in class drills.
- Students describe the purpose of speed-play.
- Students explain a race plan for mile splits.

#### **PEX245 - Circuit Weight Training, Intermediate/Advanced**

- Students demonstrate a 10% increase in muscle strength of the lower body.
- Students demonstrate a 10% increase in muscle strength of the upper body.

#### **PEX246 - Olympic Weights-Power Lifting**

- Demonstrate the correct technique for Olympic weight lifting
- Demonstrate a max pound improvement in power clean
- Demonstrate a max pound improvement power snatch

#### **PEX248 - Brazilian Jiu Jitsu, Intermediate**

- Explain BJJ Sport Tournament rules and point systems during competition
- Explain the fundamentals and purpose for proper warm up, cool down and stretching
- Demonstrate effective offensive and defensive physical techniques from mount, rear mount, side mount, and guard
- Recognize positions of advantage and disadvantage and implement various control and passing techniques
- Apply practical combative techniques which can be advantageous in a Self Defense situation
- Identify differences between BJJ skills utilized in Self Defense and skills utilized used in BJJ competitive sport

#### **PEX249 - Tae Kwon Do, Intermediate/Advanced**

- Students demonstrate improvement in strength, endurance, and flexibility.
- Students demonstrate proper etiquette.
- Students demonstrate self defense combinations.
- Students demonstrate Tae Kwon Do intermediate/advanced techniques with proficiency.

#### **PEX263 - Baseball, Intermediate/Advanced**

- Students demonstrate intermediate/advanced techniques for baseball.
- Students demonstrate knowledge of defensive skills.
- Students demonstrate knowledge of playing specific positions on the field.

#### **PEX265 - Basketball, Intermediate**

- Students demonstrate an understanding of how to correctly execute and on ball screen.
- Students demonstrate an understanding of the various ways to defend an on ball screen.
- Students develop and improve basic fundamentals of passing, dribbling, and shooting.

#### **PEX266 - Basketball, Advanced**

- Students demonstrate a zone press break.
- Students demonstrate and understand the concept of the 5 man passing game.
- Students demonstrate improved advanced skills of basketball enabling them to perform in a more organized team concept in class games.
- Students demonstrate proper understanding of how to use and defend the pick and roll in a game situation.
- Students develop and demonstrate proper use of the drag and spin dribble maneuvers.



- Students execute and demonstrate a 2-2-1 full court press.
- Students understand weak side defense.

#### **PEX267 - Bowling Intermediate/Advanced**

- Understand the general organizational structure of a bowling league
- Be able to hand score a game

#### **PEX271 - Stunting, Acrobatics & Tumbling**

- A. Demonstrate acrobatic movements with proper technique, strength, and flexibility
- B. Demonstrate stunting and acrobatic techniques such as gymnastics
- C. Demonstrate implementation of stunts and acrobatics into a stunt routine

#### **PEX274 - Football Training Techniques**

- Students demonstrate proper form of exercises in weight training program.
- Students demonstrate max pound improvement in bench press.
- Students demonstrate max pound improvement in power clean.
- Students demonstrate max pound improvement in squat.
- Students demonstrate max pound improvement in incline press.

#### **PEX276 - Golf, Intermediate/Advanced**

- Students demonstrate ability to select correct golf clubs during play.
- Students demonstrate knowledge of the rules of golf.
- Students demonstrate skills used in advanced golf.

#### **PEX278 - Soccer, Intermediate/Advanced**

- Students demonstrate basic knowledge of systems of play.
- Students demonstrate basic knowledge of tactics and strategy.
- Students demonstrate increased proficiency in progressive skills of soccer.

#### **PEX281 - Softball, Intermediate/Advanced**

- Students demonstrate knowledge of offensive skills required at the intercollegiate level.
- Students demonstrate knowledge of defensive skills required at the intercollegiate level.
- Students demonstrate knowledge of game scoring procedures and umpiring techniques.

#### **PEX284 - Swimming, Intermediate**

- Students create a swim workout of 2,000 yards.
- Students demonstrate how to do a flip turn.
- Students use the pace clock for interval training.
- Students will be able to swim non-stop for 15 minutes.

#### **PEX285 - Swimming, Advanced**

- Students demonstrate water entry techniques in the deep end.
- Students perform all the four swim strokes covered (butterfly, backstroke, breaststroke, freestyle)
- Students tread water in the deep end of the pool for fifteen minutes.
- Students will be able to swim non-stop for five minutes.

#### **PEX288 - Tennis, Intermediate**

- Students demonstrate more advanced skills such as lob shots.
- Students demonstrate more proficiency in performing basic skills.

#### **PEX289 - Tennis, Advanced**

- Students demonstrate ability to return ball consistently.

- Students demonstrate knowledge of doubles strategy.
- Students demonstrate knowledge of scoring and etiquette for a three-set match.
- Students demonstrate proficiency in advanced skills in tennis.

#### **PEX291 - Volleyball, Intermediate**

- Students demonstrate ability to hit volleyball during game situations.
- Students demonstrate ability to pass and set with accuracy in game situations.
- Students demonstrate fundamentals of blocking.
- Students demonstrate good technique and accuracy in serving.

#### **PEX292 - Volleyball, Advanced**

- Students demonstrate ability to adjust to set when hitting a volleyball.
- Students demonstrate ability to diagram serve receive patterns.
- Students demonstrate ability to transition from defense to offense.
- Students demonstrate advanced level of accuracy in passing and setting.