

Program SLOs

Physical Education and Athletics

A.A. Degree – Physical Education
Certificate of Proficiency - Coaching

Physical Education and Athletics Program Student Learning Outcomes From the 2009/2010 PrOF (Program Review)		
Outcome Number	Outcome Title	Outcome Description
P-SLO 1	Demonstrate an Understanding of the Validity of Fitness and Health	Demonstrate an understanding of the process of determining the validity of fitness and health information using the scientific method and the relationship between scientific research and established knowledge.
P-SLO 2	Utilize Knowledge for a Personalized Fitness Program	Utilize knowledge to design, develop, and implement an effective personalized fitness program.
P-SLO 3	Understand Biomechanical Movement	Understand biomechanical movement as applied to physical activity to create efficiency of psychomotor skills and achieve maximum benefits in that activity.
P-SLO 4	Understand Motivational Techniques	Understand motivational techniques and apply them to enable the student to create lifestyle changes in fitness and health.
P-SLO 5	Comprehend, Demonstrate and Articulate the Complexities of Physical Education	As a Physical Education major:• Comprehend and articulate the history of physical education and its impact on today's world.• Identify and apply standards required by the physical education specialty area of interest.• Demonstrate a level of proficiency necessary for demonstration of beginning level skills in an activity of choice commonly included in a Physical Education program.• Demonstrate an understanding of the basic structure of the human body and how its various systems respond and adjust to exercise and work.• Construct learning experiences for various age groups and purposes.• Articulate the differences between Physical Education and Athletics as well as the value of both.• Demonstrate an understanding of the major in relation to its potential for service to the individual, community, and society.
P-SLO 6	Validity	Demonstrate an understanding of the process of determining the validity of health and wellness information using the scientific method and the relationship between scientific research and established knowledge.
P-SLO 7	Self-directed Learning Skills	Utilize knowledge to become a self-directed learner who has a foundational knowledge of health promotion and disease prevention and can grow in this knowledge by gathering, analyzing, and applying accurate health information as their needs change through life.

P-SLO 8	Motivational Techniques	Understand motivational techniques and apply them to enable the student to create lifestyle changes in health.
P-SLO 9	Health Management	Become a responsible, productive citizen who avoids behaviors that place his or her health or that of others at risk, and so, reduce the physical, emotional, and economic costs to themselves and to their community.
P-SLO 10	Transfer	Prepare for successful transfer to four year institutions and participate in athletics.
P-SLO 11	Critical Thinking	Develop the ability to utilize critical thinking skills, evaluate, plan and create success as a participant on an athletic team.
P-SLO 12	Relational Skills	Relate to teammates, coaches and the competitive atmosphere in a manner that enhances their participation as well as the team environment.
P-SLO 13	Competitive Skills	Develop the ability to participate in athletic competition at a high level.
P-SLO 14	Citizenship	Become a responsible, productive citizen who represents the sport to themselves and others in a productive manner.

Program SLOs

Physical Education

General Student Learning Outcomes and Objectives:

Students will be able to:

1. Demonstrate an understanding of the process of determining the validity of fitness and health information using the scientific method and the relationship between scientific research and established knowledge. This includes the ability to:
 - Recognize that information presented through established, reputable, scientific sources is the result of research from an accumulation of data that leads to generally accepted conclusions.
 - Demonstrate critical thinking skills used in an evaluative process that creates a synthesis of information from which to draw conclusions.

2. Utilize knowledge to design, develop, and implement an effective personalized fitness program. This includes the ability to:
 - Evaluate pre and post fitness levels, using a variety of fitness testing methods.
 - Understand the concepts of health and fitness and apply them to creating a fitness program.
 - Express the importance of lifelong participation in a fitness program as related to overall health and well-being.
 - Demonstrate self-management skills, which enable them to make informed decisions for healthy, active lifestyles.
 - Apply basic principles of emergency first aid care and prevention of injury.
 - Demonstrate comprehension of basic human development and the implications for program design.

3. Understand biomechanical movement as applied to physical activity to create efficiency of psychomotor skills and achieve maximum benefits in that activity. This includes the ability to:
 - Name the basic components of musculature and skeletal structure and describe their function.
 - Evaluate movement to make corrections and enhance the activity.
 - Apply concepts of fitness to training methods.
 - Demonstrate the movement skills and strategies for confident participation in physical activity.

4. Understand motivational techniques and apply them to enable the student to create lifestyle changes in fitness and health. This includes the ability to:
 - Relate health and wellness to choices made in lifestyle.
 - Recognize human habitual behavior and how to affect changes.
 - Apply a variety of motivational techniques.
 - Demonstrate interpersonal skills necessary for effective relationships and healthy, active lifestyles.
 - Exhibit attitudes and values that promote personal, family and community health, and participation in physical activity.
 - Recognize differences between people and design a motivational plan to suit those differences.

5. As a Physical Education major:
 - Comprehend and articulate the history of physical education and its impact on today's world.
 - Identify and apply standards required by the physical education specialty area of interest.
 - Demonstrate a level of proficiency necessary for demonstration of beginning level skills in an activity of choice commonly included in a Physical Education program.
 - Demonstrate an understanding of the basic structure of the human body and how its various systems respond and adjust to exercise and work.
 - Construct learning experiences for various age groups and purposes.
 - Articulate the differences between Physical Education and Athletics as well as the value of both.
 - Demonstrate an understanding of the major in relation to its potential for service to the individual, community, and society.

Program SLOs

Health

General Student Learning Outcomes and Objectives:

Students will be able to:

1. Demonstrate an understanding of the process of determining the validity of health and wellness information using the scientific method and the relationship between scientific research and established

knowledge. This includes the ability to:

- Recognize that information presented through established, reputable, scientific sources is the result of research from an accumulation of data that leads to generally accepted conclusions.
 - Demonstrate critical thinking skills to apply decision-making and goal-setting skills within the context of health and in doing so, apply a variety of credible, current, and applicable information to make sound judgments and decisions.
1. Utilize knowledge to become a self-directed learner who has a foundational knowledge of health promotion and disease prevention and can grow in this knowledge by gathering, analyzing, and applying accurate health information as their needs change through life. This includes the ability to:
 - Explain the concepts of disease prevention and the important role of lifestyle as a determinant of each.
 - Apply knowledge in health and wellness to choices made in life.
 - Analyze the influence of culture, media, technology, and other factors on health.
 - Demonstrate the ability to practice health-enhancing behaviors and reduce health risk.
 - Access valid health information and health-promoting products and service.
 3. Understand motivational techniques and apply them to enable the student to create lifestyle changes in health. This includes the ability to:
 - Relate health and wellness to choices made in lifestyle.
 - Recognize human habitual behavior and how to affect changes.
 - Use goal-setting and decision-making skills to enhance health.
 - Understand and apply a variety of motivational techniques.
 - Recognize the differences between people and utilize motivational techniques that suit their needs.
 4. Become a responsible, productive citizen who avoids behaviors that place his or her health or that of others at risk, and so, reduce the physical, emotional, and economic costs to themselves and to their community. This includes the ability to:
 - Advocate for personal, family, and community health.
 - Use interpersonal communication skills to enhance health.
 - Be pro-active in seeking solutions to health problems.

Athletics

General Student Learning Outcomes and Objectives:

Students will be able to:

1. Prepare for successful transfer to four year institutions and participate in athletics. This includes the ability to:

- Compete competitively on a sport team.
 - Create an athletic and academic resume.
 - Screen, contact, and visit four-year institutions to make a good decision on placement.
 - Communicate with current and future coaches as to goals and abilities.
 - Be a successful student.
2. Develop the ability to utilize critical thinking skills, evaluate, plan and create success as a participant on an athletic team. This includes the ability to:
- Plan and implement an individual physical conditioning program prior to the sport season in order to be prepared to begin participation.
 - Understand and apply knowledge in nutritional choices to enhance physical participation in the sport.
 - Use motivational techniques to maximize the ability to improve in the sport.
 - Understand and plan a fitness program that includes: agility, balance, coordination, power, reaction time, and speed.
 - Understand and implement safety, prevention and treatment of athletic injuries.
 - Scientifically assess supplement or performance enhancement substances for the dangers that they may pose to the individual.
 - Demonstrate a commitment to the value of active participation and be able to design team building exercises.
 - Implement and evaluate pre and post fitness testing methods that are current and specific to sport.
 - Set personal goals, both short term and long term, and evaluate the success of meeting those goals.
3. Relate to teammates, coaches and the competitive atmosphere in a manner that enhances their participation as well as the team environment. This includes the ability to:
- Personally evaluate themselves with regard to fitness, skill level, tactical knowledge and overall impact as a participant on a sport team.
 - Be pro-active and to implement critical thinking skills to the demands of participation in sport.
 - Relate and function as a valuable member of a team.
 - Recognize situations that arise that could create conflict and develop problem solving solutions.
 - Recognize the place of sport in their life and demonstrate a healthy outlook toward participation.
 - Communicate effectively with others in meeting the goals of the team.
4. Develop the ability to participate in athletic competition at a high level.
- Recognize and practice for improvement in all the technical aspects of the sport.
 - Recognize and practice for improvement in all the tactical aspects of the sport.
 - Recognize and practice for improvement in all the team aspects of the sport.
5. Become a responsible, productive citizen who represents the sport to themselves and others in a productive manner. This includes the ability to:
- Promote health and well being through participation in the sport.

- Reach out to the community through clinics and coaching to promote the sport.
- Represent the sport positively and as a good example to others.

*Developed through Curriculum Committee approval process.