

Program SLOs

Physical Education

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

Program Student Learning Outcomes From the 2005 PrOF (Program Review)

P-SLO 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.

P-SLO 2: Utilize knowledge to design, develop, and implement an effective personalized fitness program.

P-SLO 3: 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 and apply them to enable the student to create lifestyle changes in fitness and health.

P-SLO 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.