

Program SLOs

Kinesiology and Athletics

A.A. Degree – Physical Education

A.A.-T – Kinesiology (A.A. for Transfer)

Kinesiology and Athletics Program Student Learning Outcomes From the 2015 PrOF (Program Review) Update

1	Program Student Learning Outcome (P-SLO)	(Kinesiology) Validity of fitness and health information	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.
2	Program Student Learning Outcome (P-SLO)	(Kinesiology) Utilize knowledge for a personalized fitness program	Utilize knowledge to design, develop, and implement an effective personalized fitness program.
3	Program Student Learning Outcome (P-SLO)	(Kinesiology) Understand biomechanical movement	Understand biomechanical movement as applied to physical activity to create efficiency of psychomotor skills and achieve maximum benefits in that activity
4	Program Student Learning Outcome (P-SLO)	(Kinesiology) Understand motivational techniques	Understand motivational techniques and apply them to enable the student to create lifestyle changes in fitness and health.
5	Program Student Learning Outcome (P-SLO)	(Kinesiology) Comprehend, demonstrate and articulate the complexities of physical education	As a Kinesiology and Physical Education major: <ul style="list-style-type: none"> • 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 Kinesiology and 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 Kinesiology and Physical Education as opposed to 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.
6	Program Student Learning Outcome (P-SLO)	(Health) 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.

7	Program Student Learning Outcome (P-SLO)	(Health) 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.
8	Program Student Learning Outcome (P-SLO)	(Health) Motivational Techniques	Understand motivational techniques and apply them to enable the student to create lifestyle changes in health.
9	Program Student Learning Outcome (P-SLO)	(Health) 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.
10	Program Student Learning Outcome (P-SLO)	(Athletics) Transfer	Prepare for successful transfer to four year institutions and participate in athletics.
11	Program Student Learning Outcome (P-SLO)	(Athletics) Critical thinking	Develop the ability to utilize critical thinking skills, evaluate, plan and create success as a participant on an athletic team.
12	Program Student Learning Outcome (P-SLO)	(Athletics) Relational skills	Relate to teammates, coaches and the competitive atmosphere in a manner that enhances their participation as well as the team environment
13	Program Student Learning Outcome (P-SLO)	(Athletics) Competitive skills	Develop the ability to participate in athletic competition at a high level.
14	Program Student Learning Outcome (P-SLO)	(Athletics) Citizenship	Become a responsible, productive citizen who represents the sport to themselves and others in a productive manner.

A.A. for Transfer (AA-T) – Kinesiology – Student Learning Outcomes*

SLO 1 Utilize the theories of biomechanics and exercise physiology and apply them to sport and fitness pedagogy.
SLO 2 Discuss how sociological, psychological, historical, and philosophical factors influence the field of kinesiology and sport.
SLO 3 Evaluate the unique and overlapping roles of each body system in promoting homeostasis and how such body systems adapt to the demands of activity and sport.
SLO 4 Evaluate anatomical and physiological information and apply findings to decision making.
SLO 5 Assess and measure improvements in fitness levels through a comprehensive analysis of aerobic capacity, body composition, muscular endurance, and flexibility.
SLO 6 Define and understand how to properly execute fitness and sport training techniques.
SLO 7 FOR STUDENTS CHOOSING THE STAT 300 or PSYC 330 OPTION: use the concepts of descriptive statistics to display and analyze univariate and bivariate data.
SLO 8 FOR STUDENTS CHOOSING THE CHEM 305 OPTION: apply the basic terminology and nomenclature of elements and compounds relevant to the human body and metabolism.
SLO 9 FOR STUDENTS CHOOSING THE PHYS 350 OPTION: solve conceptual problems in classical mechanics, fluids, mechanical waves, and thermodynamics.