ATHLETICS Program

ISLOs, PSLOs, CSLOs, Mapping, and Assessment Plan

CHANGES ARE HIGHLIGHTED IN PURPLE

			Year 1		*Year 2*		*Year 3*		*Year 4*		*Year 5*		*Year 6*	
			F 2013	S 2014	F 2014	S 2015	F 2015	S 2016	F 2016	S 2017	F 2017	S 2018	F 2018	S 2019
	INSTITUTIONAL STUDENT LEARNING OUTCOMES - ISLOs													
ISLO 1	**COMMUNICATION**													
1A	Read													
1B	Listen													
1C	Write													
1D	Dialogue													
ISLO 2	**TECHNOLOGY AND INFORMATION COMPETENCY**													
2A	Demonstrate Technical Literacy													
2B	Apply Technology													
2C	Access Information													
2D	Evaluate and Examine Information													
ISLO 3	**CRITICAL AND CREATIVE THINKING**													
3A	Inquire													
3B	Analyze													
3C	Problem Solve													
3D	Express													
ISLO 4	**CITIZENSHIP**													
4A	Ethics													
4B	Diversity													
4C	Sustainability/Global Awareness													
4D	Personal Responsibility													

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	ATHLETICS PROGRAM OUTCOMES - PSLOs	**Related ISLOs**	C - Completed, P- Planned											
PSLO A	Identify and practice high safety standards, support environmental needs, and provide a safe positive experience for other participants (students, student athletes, visiting athletes, community, and faculty).	1B,1D,2C,3C,4A,4B,4C,4D												
PSLO B	Demonstrate a measurable improvement in one or more fitness or sport specific components.	1A,1B,1C,1D,2C,2D,3C,3D,4A,4B												
PSLO C	Demonstrate essential motor skills to fit a variety of activities. Student will be able to describe and perform activities reflecting increased knowledge and ability over the semester.	1B,1D,2A,2B,2C,3A,3B,3C,3D,4A,4B,4C,4D												
PSLO D	Develop personal responsibility and the importance of different leadership roles.	1B,1D,2C,3B,3D,4A,4B,4D												
PSLO E	Distinguish principles of healthy weight management through exercise and nutrition.	1C,1D,2B,2C,2D,3A,3B,3C,3D,4A,4D												
PSLO F	Create a balance between physical fitness, social well-being, health, and academic success.													

No Degrees or Certificates available.

	ATHLETICS COURSE OUTCOMES - CSLOs	**Related PSLO**												
	ATHL 100 - Baseball Training		C - Completed, P- Planned											
CSLO 1	Describe and demonstrate individual offensive/hitting skills: sacrifice bunt, drag bunt, delayed steal, hook slide and pop-up slide.	A,B,D	X				C				P			
CSLO 2	Analyze team building and leadership techniques at the college level.	A,B,D												
CSLO 3	Demonstrate a higher level of skills corresponding with course repetition.	A,B,D	X											
CSLO 4	Describe and perform team defensive strategies; 1st and 3rd situations, bunt coverages, pickoff plays and relays.	B,D,E												

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	ATHL 101 - Basketball Training		Enter "X" in boxes as appropriate											
CSLO 1	Demonstrate offensive shooting skills.	B,C		X										
CSLO 2	Diagram basketball game strategies including different defenses and offensives.	C												
CSLO 3	Compare and contrast different motion offensives.	C				C						P		
CSLO 4	Examine the safety guidelines for basketball training.	A		X										
	ATHL 102 - Cross Country Training	**Related PSLO**												
CLSO 1	Examine the various race courses and plan a strategy for race day competition.	C, D,												
CSLO 2	Analyze cardiovascular fitness training routines.	A												
CSLO 3	Develop a pre-race nutritional journal.	B												
CSLO 4	Demonstrate safety procedures and injury prevention in cross country running.	B, C, E												
	ATHL 105 - Springboard Diving Training													
CSLO 1	Describe the parts of the diving board.	A,C					C				P			
CSLO 2	Demonstrate a dive from each of the five diving groups.	A,D												
CSLO 3	Evaluate the properties of a competitive dive.	B,C												
CSLO 4	Dissect safety guidelines for performing a dive.	C												
	ATHL 106 - Football Training													
CSLO 1	Contrast football history to football future.	A,D												
CSLO 2	Analyze team building techniques.	C,E												
CSLO 3	Evaluate progression of strength training exercises.	A,D		X						**C**				
CSLO 4	Demonstrate advanced football training skills.	A,D												
	ATHL 107 - Golf Training													
CSLO 1	Create a pre-shot routine that takes advantage of visualization techniques.	A,D												
CSLO 2	Assess the slope and speed of the green.	D		X						C				
CSLO 3	Analyze the rules of golf and apply them to his/her advantage.	D,C												

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	ATHL 109 - Soccer Training		C - Completed, P- Planned											
CSLO 1	Student will be able to receive a ball with one touch and pass the ball in the air to a target 10 yards away.	C,D		X										
CSLO 2	Apply skills and techniques of the specific running and game situations through participation in work outs.	C												
CSLO 3	Formulate and illustrate the mechanics of a proper workout to include warm-up/down, plyometrics, and interval training techiques.	E												
CSLO 4	Demonstrate a higher level of skills corresponding with course repetition.	C		X		C						C		
CSLO 5	Exhibit improvement in speed, power, strength and endurance through workouts stressing progressive overload.	B												
	ATHL 110 - Softball Training													
CSLO 1	Demonstrate individual defensive skills.	A,D	X						C					
CSLO 2	Analyze team building and leadership techniques.	E												
CSLO 3	Evaluate different windmill pitches.	A,D												
CSLO 4	Demonstrate safety procedures in the game of softball.	C												
	ATHL 111 - Swimming Training													
CSLO 1	Dissect safe versus harmful movements.	B,C	X						C					
CSLO 2	Evaluate personal fitness level.	A,B,D	X											
CSLO 3	Compare movements in the water versus on land.	D	X											
CSLO 4	Analyze movements resulting in disqualification.	B,D												
CSLO 5	Develop a set of drills for a specific stroke.	A,D	X											
	ATHL 112- Tennis Training													
CSLO 1	Analyze and apply the rules of tennis to proper execution of the game.	C,D							C					
CSLO 2	Compare and contrast the various strategies used in singles play with those used in doubles play; the slope and speed of the green.	D												
CSLO 3	Create a warm-up and stretching routine for use in practice and game matches.	A,D,E												
	ATHL 113 - Track and Field Training													
CSLO 1	Exhibit improved conditioning.	A, C, D												
CSLO 2	Identify safe versus harmful body movements.	A												
CSLO 3	Demonstrate track and field event skills.	B												
CSLO 4	Create a warm-up and stretching routine for use in practice and events.	B,C,E												
	ATHL 116 - Volleyball Training													
CSLO 1	Exhibit improved conditioning.	A,D						C						
CSLO 2	Illustrate a high level of competency in advanced individual volleyball skills.	A,D		X								C		

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CSLO 3	Construct and explain the knowledge of team offensive and defensive strategy.	D												
CSLO 4	Demonstrate good sportsmanship, team cooperation, loyalty, self-control and courtesy.	C,E												

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	ATHL 117 - Water Polo Training		C - Completed, P- Planned											
CSLO 1	Identify safe versus harmful movements.	B,C												
CSLO 2	Evaluate personal fitness level.	A,B		X										
CSLO 3	Compare movements in the water versus on land.	D												
CSLO 4	Develop a set of skills for a specific drill.	A,D				C						C		
	ATHL 118 - Wrestling Training													
CSLO 1	Design a practice of specific drills and techniques to enhance offensive strategies.	A,D				C						C		
CSLO 2	Create a comparable condition plan in the off-season that supports all weight groups.	A,B												
CSLO 3	Discuss nutrition and how to manage weight properly.	B,E		X										
CSLO 4	Identify and list off-season training goal.	A,D,E												
CSLO 5	Describe high safety standards for wrestling.	C												
	ATHL 150 - Intercollegiate Baseball (M)													
CSLO 1	Describe and perform individual defensive skills: diving, ground balls and fly balls.	A,D						C						P
CSLO 2	Analyze offensive and defensive signals.	A,B												
CSLO 3	Describe and perform individual offensive skills: slash hit, sacrifice bunt, drag bunt, delayed steal, hook slide, and pop-up slide.	A,B,D,E												
CSLO 4	Demonstrate a higher level of skill and incorporate new trends in the sport.	A,B												
	ATHL 151 - Intercollegiate Basketball (M)													
CSLO 1	Demonstrate and use advanced competitive basketball skills.	D		X						C				
CSLO 2	Identify, analyze and react to competitive situations orally and physically.	C,D		X										
CSLO 3	Demonstrate a higher level of skills corresponding with course repetition.	D,E		X										
	ATHL 152 - Intercollegiate Basketball (W)													
CSLO 1	Examine basketball scouting reports.	A,D												
CSLO 2	Analyze offensive and defensive sets.	A,B				C						C		
CSLO 3	Critique game day statistics.	A		X										
	ATHL 153 - Intercollegiate Football (M)													
CSLO 1	Analyze football scouting reports.	A,D												
CSLO 2	Dissect new rule changes concerning game day.	B,C												
CSLO 3	Critique position skills from film analysis.	A	X						C					
CSLO 4	Analyze good sportsmanship.	C,E												
CSLO 5	Establish an environment that promotes leadership.	E												

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	ATHL 154 - Intercollegiate Golf (M)		Enter "X" in boxes as appropriate											
CSLO 1	Create a pre-shot routine that takes advantage of visualization techniques.	B,D		X						C				
CSLO 2	Experiment with various ball flight patterns (hook, fade, slice, etc).	D												
CSLO 3	Compare and contrast the full swing to the swing used in pitching.	D												
	ATHL 155 - Intercollegiate Golf W)													
CSLO 1	Analyze the rules of golf and apply them to her advantage.	C,D												
CSLO 2	Create a pre-shot routine that takes advantage of visualization techniques.	B,D	X						C					
CSLO 3	Experiment with various ball flight patterns (hook, fade, slice, etc).	A,D,E												
	ATHL 156 - Intercollegiate Soccer (W)													
CSLO 1	Use fundamental and advance skills: dribbling, passing, finishing in front of the goal, receiving, tackling, heading and goalkeeper play.	A,D	X				C		C					
CSLO 2	Demonstrate team play, sportsmanship and fair play during practice and game competitions.	C,E												
CSLO 3	Develop fitness levels that enable the student to compete in practice, games, and the duration of the season.	A,B,D												
CSLO 4	Identify and compose basic and advance formations, high level game strategies, intercollegiate rules and layout of playing field.	A,C,D												
	ATHL 157 - Intercollegiate Softball (W)													
CSLO 1	Dissect softball reports.	A,D		X						C				
CSLO 2	Analyze offensive and defensive signals.	A,B												
CSLO 3	Critique game day scorekeeping techniques.	A												
CSLO 4	Demonstrate knowledge of sports nutrition.	B												
CSLO 5	Evaluate sports leadership techniques.	E												
	ATHL 158 - Intercollegiate Swimming (M)													
CSLO 1	Evaluate personal fitness level.	A,B												
CSLO 2	Analyze movements resulting in disqualification.	B,D												
CSLO 3	Develop a set of drills for a specific stroke.	A,D				C						C		
CSLO 4	Create a swimming workout.	A,B,D												
CSLO 5	Critique a swim meet performance.	A,B		X										
	ATHL 159 - Intercollegiate Swimming W)													
CSLO 1	Evaluate personal fitness level.	A,B						C						
CSLO 2	Analyze movement resulting in disqualification.	B,D												
CSLO 3	Develop a set of drills for a specific stroke.	A,D												
CSLO 4	Create a swimming workout.	A,B,D												
CSLO 5	Critique a swim meet performance.	A,B		X								C		

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	ATHL 160 - Intercollegiate Tennis (M)		C - Completed, P- Planned											
CSLO 1	Develop an effective serve using spin, speed and placement as variables.	D												
CSLO 2	Analyze and apply the rules of tennis to proper execution of the game.	C,D												
CSLO 3	Evaluate and list the basic components of both the forehand and backhand stroke.	C,D												
CSLO 4	Compare and contrast various strategies used in singles play with those used in doubles play.	B,C,D		X						NA				
CSLO 5	Examine various grips used in both the forehand and backhand strokes.	B,C,D												
	ATHL 161 - Intercollegiate Tennis (W)													
CSLO 1	Analyze and apply the rules of tennis to proper execution of the game.	B,C,D												
CSLO 2	Examine and analyze the speed and playing surface of various tennis courts.	C,D												
CSLO 3	With course repetition, demonstrate skill improvement in all fundamental strokes and advanced techniques.	D		X						C				
	ATHL 162 - Intercollegiate Volleyball (W)													
CSLO 1	Perform advanced competitive volleyball skills.	A,D	X						C					
CSLO 2	Illustrate, explain and execute volleyball game strategies.	A,D					C							
CSLO 3	Exhibit an ability to identify, analyze and react to competitive situations.	D,E												
	ATHL 163 - Intercollegiate Water Polo (M)													
CSLO 1	Identify safe versus harmful movements.	B,C	X						C					
CSLO 2	Evaluate personal fitness level.	A,B												
CSLO 3	Compare movements in the water versus on land.	D	X											
CSLO 4	Develop a set of drills for a specific skill.	A,D	X											
CSLO 5	Create a water polo workout.	A,B,D												
	ATHL 164 - Intercollegiate Water Polo (W)													
CSLO 1	Evaluate personal fitness level.	A,B												
CSLO 2	Compare movements in the water versus on land.	D	X						C					
CSLO 3	Develop a set of skills for a specific skill.	A,D	X											
CSLO 4	Create a water polo workout.	A,B,D												
CSLO 5	Critique a water polo game performance.	A,B,D												
	ATHL 165 - Intercollegiate Wrestling (M)													
CSLO 1	Apply offensive and defensive skills/moves in a competitive competition.	A,D,E	X						C					
CSLO 2	Establish fitness level goals for the competitive season including weight management and nutrition.	A,B,C												
CSLO 3	Identify and apply high safety standards in practice and contests.	C												
	ATHL 166 - Intercollegiate Sand Volleyball (W)													

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CSLO 1	Perform advanced competitive beach volleyball skills.	B, C, E												
CSLO 2	Illustrate, explain and execute beach volleyball game strategies.	B												
CSLO 3	Identify, analyze and react to competitive beach volleyball situations.	B, C, E												
CSLO 4	Demonstrate a higher level of beach volleyball skills corresponding with course repetition.	A												
CSLO 5	Exhibit improvement in speed, power, strength and endurance through workouts stressing progressive overload.	A												
	ATHL 167 - Intercollegiate Cross Country (W)													
CSLO 1	Examine the various race courses and plan a strategy for race day competition.	B,C,A												
CSLO 2	Analyze cardiovascular fitness training routines for mid-season competition.	B												
CSLO 3	Develop a post-race nutritional journal.	B,C,E												
CSLO 4	Demonstrate safety procedures and injury prevention in cross country running.	A												
	ATHL 169 - Intercollegiate Track and Field (W)													
CSLO 1	Evaluate Personal Fitness progression for the season using the FITTE (Frequency, Intensity, time, type, enjoyment) Model.	B,C,E												
CSLO 2	Create an event specific warmup and cool down plan for race day.	A												
CSLO 3	Create a mental imagery plan or visualization cues for a specific event.	B												
CSLO 4	Develop a pre-event tactical plan based on ability and competition.	B,C												

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	ATHL 199 - Intercollegiate Sports Conditioning		C - Completed, P- Planned											
CSLO 1	Examine appropriate safety procedures for sport-specific training.	A								NA	C			
CSLO 2	Analyze the components of sport-specific resistance training.	B												
CSLO 3	Demonstrate cardio-pulmonary conditioning, speed and agility techniques.	B.C.E												
CSLO 4	Evaluate safety procedures when handling weight training equipment.	A												
CSLO#	**COURSE NUMBER: COURSE NAME**	**Related PSLO**												