Kinesiology Program ISLOs, PSLOs, CSLOs, Mapping, and Assessment Plan CHANGES ARE HIGHLIGHTED IN PURPLE-ALSO NEED TO CHANGE #30 SEE NOTE Year 2 Year 1 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** COMMUNICATION ISLO₁ Read 1A 1B Listen 1C Write 1D Dialogue TECHNOLOGY AND INFORMATION COMPETENCY ISLO₂ 2A **Demonstrate Technical Literacy** 2B Apply Technology **Access Information** 2C Evaluate and Examine Information 2D CRITICAL AND CREATIVE THINKING ISLO₃ 3A Inquire 3B Analyze Problem Solve 3C 3D Express CITIZENSHIP ISLO 4 **Ethics** 4A Diversity 4B Sustainability/Global Awareness 4C Personal Responsibility 4D Related **KIN PROGRAM OUTCOMES - PSLOs** Enter "X" in boxes as appropriate **ISLOs** 1A-D, 2B-D, PSLO A Establish a measurable improvement in one or more fitness components. 3A, 3B, 3D, Χ Χ 4A. 4D 1A, 1D, 2C, Distinguish principles of healthy weight management through exercise and PSLO B 2D, 3A-C, 4A-Χ Χ Χ Identify and practice high safety standards, support environmental needs, 1B-D, 3A-D, PSLO C and provide a safe positive experience for other participants (students, 4A, 4D student athletes, visiting athletes, community, faculty)

Kinesiology Program ISLOs, PSLOs, CSLOs, Mapping, and Assessment Plan CHANGES ARE HIGHLIGHTED IN PURPLE-ALSO NEED TO CHANGE #30 SEE NOTE 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 Demonstrate essential motor skill patterns to fit a variety of activities. 1B-D, 2C, 3A-PSLO D will be able to describe and perform a physical education activity reflecting D, 4A-D Χ Χ Χ increased knowledge and ability over the semester. 1B, 1C, 1D, 2B, 2C, 3A, PSLO E Generate knowledge of physical education and/or the benefits of exercise 3B, 3C, 3D, Χ 4A, 4B, 4D Total Number of Program Outcomes (manually enter) 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 0 0 Number of Program Outcomes Assessed (per formula) 0 5 0 0 0 0 0 0 Percentage of Program Outcomes Assessed (per formula) 0% 100% 100% 0% 100% 0% 0% 0% 0% 0% 0% 0% Related KIN00 COURSE OUTCOMES - CSLOs **PSLO** KIN 0003A (PHED 0003A) Basic Aerobic Training with Fitness Equipment Enter "X" in boxes as appropriate Formulate a fitness program that encompasses all the rules of cardiovascular fitness. CSLO₁ Ε C Χ Model a beginning circuit training program using aerobic machines that challenges CSLO 2 C. D X the body to maintain target heart rate during workouts. Diagnose and formulate a plan to improve common injuries associated with CSLO 3 A. B. E cardiovascular fitness workouts as well as the prevention of future injuries. KIN 0003B (PHED 0003B) Advanced Aerobic Circuit Training with Fitness Enter "X" in boxes as appropriate Appraise cardiovascular fitness level to develop a circuit training program to improve CSLO₁ A, B, E Χ C Create and demonstrate a high intensity circuit training program resulting in a heart CSLO 2 A, B, E,D rate zone of 80-85% of maximum heart. Formulate a plan to prevent injuries associated with circuit training fitness workouts. CSLO 3 C, D Differentiate and demonstrate the various training programs available on circuit CSLO 4 D KIN 0004 (PHED 0087) Cross Training Identify the safety guidelines presented for this Physical Education class. CSLO 1 KIN 0005A (PHED 0005A) Weight Training (formerly PHED 0005) Examine the various safety guidelines for weight training. CSLO₁ C. Χ C CSLO 2 Evaluate the relationship between strength training and weight management A.E.B X CSLO 3 Perform strength exercises for the upper body. A,E,B Χ Construct a workout to gain strength and agility and that enhances weight CSLO 4 В management.

Kinesiology Program ISLOs, PSLOs, CSLOs, Mapping, and Assessment Plan CHANGES ARE HIGHLIGHTED IN PURPLE-ALSO NEED TO CHANGE #30 SEE NOTE 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 KIN 0005B (PHED 0005B) Strength Training- Circuit and Power Lifting С CSLO 1 Outline the safety guidelines for circuit training and power lifting. C C X Design strength exercises for the upper and lower body. CSLO 2 A.E Assess and evaluate the correlation between strength training and weight CSLO 3 A,B,E Examine goals and objectives with strength training testing throughout the semester. CSLO 4 Α KIN 0006 (PHED 0006) Physical Fitness Design and assess a total body workout specifically for their physical needs. CSLO₁ A,D,E С Р CSLO 2 Calculate their Body Mass index to determine their overall fitness level. В Ε CSLO 3 Analyze food labels to meet nutritional needs. Demonstrate increased level of aerobic fitness by regular participation in exercise of CSLO 4 A,E,D increasing intensity. CSLO 5 Demonstrate a higher level of skills corresponding with repetition. A,B,C,E, Enter "X" in boxes as appropriate KIN 0007 (PHED 007) Aerobic Fitness CSLO 1 Design and assess a total body workout specifically for their physical needs. A,E,D C CSLO 2 | Calculate their Body Mass index to determine their overall fitness level. D,E CSLO 3 Analyze food labels to meet nutritional needs. В Χ Χ Demonstrate increased level of aerobic fitness by regular participation in exercise of CSLO 4 A,B,D,E increasing intensity. KIN 0008 (PHED 0009) Step Aerobic Training Demonstrate increased levels of cardiovascular fitness by regular participation in CSLO 1 exercise of increasing intensity through measurement of a pre- and post-A.B.D.E cardiovascular evaluation and training. С Р Compare and contrast two different types of aerobic footwear that are recommended CSLO 2 C.E for step aerobics Recognize and discuss the injury and safety issues that can result in overuse of CSLO 3 C,E certain parts of the body due to step aerobics. Apply improved knowledge of appropriate individual aerobic training heart rate levels CSLO 4 D,E,A and perceived exertion. KIN 0009 (PHED 0013) Cardio Kickboxing Enter "X" in boxes as appropriate Differentiate and demonstrate the applications and modifications of proper and safe CSLO₁ flexibility and "kickboxing" exercising techniques. C,A,E CSLO 2 Diagram the range of motion concept. A.E Assess and rank target areas of the human body and discuss appropriate defensive CSLO 3 С D.E Construct an individual overall fitness plan to be implemented during the course. CSLO 4 A.B.D.E

	CHANGES ARE HIGHLIGHTED IN PURPLE-ALSO NEED TO CHANGE #30 SEE NOTE		Ye	ar 1	Yea	r 2	Year 3		Year 4	Yea	ar 5	Yea	ar 6
			F 2013	S 2014	F 2014	S 2015	F 2015 S 2)16 F 2	2016 S 2017	F 2017	S 2018	F 2018	S 2019
	KIN 0010 (BHED 0022) Eitness and Weight Management Restaumn												
	KIN 0010 (PHED 0022) Fitness and Weight Management Bootcamp Create a goal setting plan to improve Body Mass Index by transitioning fitness												
CSLO 1	standards.	В											
CSLO 2	Examine and calculate the appropriate intake of nutritional foods through an												
CSLO 2	understanding of the new USDA guidelines.	B,D,E							С				
	Design a cardio-respiratory, muscular endurance/strength and flexibility training												
CSLO 3	program that will increase metabolism and change body composition through												
	advanced weight training and aerobic techniques.	A,B,D,E											Р
CSLO 4	Compare and contrast the psychological factors that challenge adherence to exercise	_											
	and weight management.	В											
	KIN 0011 (PHED 0085) Instructional Methods for Group Fitness												
CSLO 1	Describe the principles of fitness training and the components of a safe, effective, and motivated group exercise class.	C,E							С				
CSLO 2	Create and develop movement patterns and explain their relationship to music.	D,E,A		Х									
	Interpret and dramatize verbal and non-verbal communication with cueing skills.	D,E,A		X									
	Employ appropriate group assessment fitness testing and its application to an	υ,⊏											
CSLO 4	individual's personal fitness goals and physical limitations.	Е											
CSLO 5	Create a lesson plan to address fitness goals and physical limitations.	E											
	KIN 0012								<u> </u>				
CSLO 1	Construct a muscle conditioning program to address the specific goals of an individual client.												
CSLO 2	Construct a muscle conditioning program to address the specific goals of an individual client.												
CSLO 3	Demonstrate effective instructional methods when teaching exercise techniques.												
	KIN 0018 (PHED 0069) Peaceful Self Defense												
	Identify terminology used in self-defense.	D,E											
CSLO 2	Examine safety guidelines for self-defense.	С											
CSLO 3	Critique stances used when conducting self-defense skills.	A,D,E											
CSLO 4	Describe the history of martial arts.	A,D,E											
CSLO 5	Create a non-violent self-defense technique.	A,D,E											
	KIN 0019 (PHED 0066) Combative Self Defense												
CSLO 1	Examine safety guidelines for self-defense and martial arts.	С											
CSLO 2	Demonstrate escape techniques used when confronted by an attacker.	D,E			Х								
	Critique stances used when conducting self-defense skills.	A,D,E											
CSLO 4	Determine which upper body skills are used in self-defense and martial arts.	D,E		I	1							I	
	KIN 0020 (PHED 0080) Multi Self Defense System												
	Examine Jujitsu techniques in a simulated performance.	D,E											
00202	Demonstrate stick and knife skills that apply to De Cadena two man training drills.	D,E											
	Diagram the proper Escrima defense of the twelve strikes and blocks.	A,D,E											
	Examine safety guidelines for Self-Defense.	С											
CSLO 5	Examine the physical demands on the body when performing Self-Defense skills.	B,D,E											
	KIN 0023 (PHED 0014) Tai Chi							_					

	CHANGES ARE HIGHLIGHTED IN PURPLE-ALSO NEED TO CHANGE #30 SEE NOTI	E	Ve	ar 1	Year 2		Vo	ar 3	3 Year 4		Vo	ar 5	Yo	ar 6
	CHANGES ARE HIGHEIGHTED IN FORT EE-ALSO NEED TO CHANGE #30 SEE NOT	<u> </u>						1		1				
001.0.4			F 2013	S 2014	F 2014	S 2015	F 2015	S 2016	F 2016	S 2017	F 2017	S 2018	F 2018	S 201
CSLO 1	Identify and evaluate the effects of martial arts on human anatomy.	E,D												
CSLO 2	Demonstrate and apply the various breathing techniques in movements and postures of the form.	B,D,E							С					Р
	Analyze and demonstrate the effects of proper postures and methods of opening and													
CSLO 3	closing joints, ligaments, muscles and cells of the body for maximum energy flow.	C,A,E												
CSLO 4	Formulate and present the basic self defense strategies.	A,D,E												
CSLO 5	Identify and elucidate on both the defense training and health benefits found in the practice of Tai Chi.	B,D,E		Х										
	KIN 0024 (PHED 0063) Self Defense for Personal Safety						l	l		1				
CSLO 1	Demonstrate self defense techniques to avoid harm.													
	KIN 0026 (PHED 0011) Badminton													
CSLO 1	Demonstrate the fundamental skills of badminton.	A,E,D												
	Demonstrate knowledge of game rules and competitive spirit.							С						
CSLO 3	Analyze badminton strategy.	С												
	KIN 0027 (PHED 0023) Recreational Basketball		Enter	"X" in b	oxes a	s appro	priate							
CSLO 1	Demonstrate fundamental skill in a competitive setting.	A,D,E					i e							
CSLO 2	Compare and contrast basketball game strategies.	E							С					
CSLO 3	Analyze offensive strategies in a competitive setting.	A,D,E												
	KIN 0028 (PHED 0028) INDEPENDENT STUDY	71,2,2												
	KIN 0029 (PHED 0029) Flag Football									T				
CSLO 1	Outline the rules of flag football.	E,D												
	Diagnose specialist position skill.	D,E												
	Differentiate between offensive and defensive basic skills in 8 person flag football.	A,D,E												
	Demonstrate personal progression in the fitness components related to flag football.	,- ,-												
CSLO 4	3	A,B,D,E				С								
	KIN 0030 (PHED 0010) Golf			•	•	!			•					
CSLO 1	Analyze golf scoring techniques.	Е												
CSLO 2	Demonstrate knowledge of different putting green conditions.	E,A,D		Х						С				
CSLO 3	Differentiate the various golf club swings.	D												
CSLO 4	Critique ball flight patterns.	D,E												
	KIN 31A (PHED 0027A) Soccer Level 1 (formerly PHED 0027)													
CSLO 1	Differentiate basic soccer offensive and defensive formations and strategies.	A,D,E												
CSLO 2	Outline the FIFA laws of the game.	E												
CSLO 3	Describe and perform fundamental skills: dribbling, passing, corner kicks, scoring	4 D.E												
	kicks, receiving, tackling, heading and goalie play. KIN 31B (PHED 0027B) Soccer Level II	A,D,E		Х		С								
CSLO 1	Analyze and execute tactical decision based on the 3rd of the field.	A,D,E												
	Prepare and perform advanced principles of attack and defense.	A,D,E E												
	Describe and perform advanced soccer offensive and defensive formations and	<u> </u>												
CSLO 3	strategies.	D,E				С								
CSLO 4		E				J								
00LU 4	Demonstrate sportsmansmp and rail play.	<u> </u>												

Kinesiology Program ISLOs, PSLOs, CSLOs, Mapping, and Assessment Plan CHANGES ARE HIGHLIGHTED IN PURPLE-ALSO NEED TO CHANGE #30 SEE NOTE 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 KIN 0032 (PHED 0016) Tennis CSLO 1 Analyze and recall the rules and etiquette of tennis. Е Apply basic skills such as the serve, forehand, backhand, volley, lob and overhead CSLO 2 A.B.D.E С CSLO 3 Design a pre and post match warm-up and cool down regimen. D Analyze the rules and etiquette of tennis D.E KIN 0033 (PHED 0026) Volleyball Illustrate the fundamental skills of power volleyball which include the serve, set. CSLO 1 dink, pass and the hit. E.D Exhibit the ability to function as a member of a team performing in the intra-class CSLO 2 tournament with an attitude of fair play, competitive spirit and qualities of D.E Model advanced offensive and defensive court positioning. CSLO 3 D,E KIN 0034 Beach Volleyball Illustrate the fundamental skills of beach volleyball which include the serve, set, dig, CSLO₁ pass and the hit. Exhibit the ability to function as a member of a team performing in the intra-class CSLO 2 tournament with an attitude of fair play, competitive spirit and qualities of leadership. Model offensive and defensive court positioning. CSLO 3 CSLO 4 Explain beach volleyball rules and etiquette. KIN 35A Futsal Level 1 CSLO 1 Differentiate basic futsal formations, both attacking and defending. CSLO 2 Outline the FIFA futsal laws of the game. Illustrate the fundamental skills of futsal which include dribbling, passing, shooting, CSLO 3 and receiving. KIN 35B Futsal Level 2 Prepare and plan advanced principles of attack and defense. Analyze and execute tactical decisions based on court location. Exhibit fair play and sportsmanship following the laws of the game. KIN 0040 (PHED 0008) Aquacise CSLO 1 Evaluate safe and harmful movements in the class. С C,D CCSLO 2 Demonstrate knowledge of emergency water safety. CSLO 3 Analyze movement on land versus movement in water. D.E KIN 0041 (PHED 0036) Fundamental Swimming CSLO 1 Analyze backstroke technique. A.D.E CSLO 2 Critique a swimming fitness program. Χ C A,D,E CSLO 3 Evaluate target heart rate assessment techniques. D,B,E KIN 0042 (PHED 0039) Swimming Conditioning CSLO 1 Analyze safe and harmful water movements. С CSLO 2 Evaluate land and water conditioning programs. C,D

A.D.E

CSLO 3 Perform drills that relate to the freestyle stroke.

	CHANGES ARE HIGHLIGHTED IN PURPLE-ALSO NEED TO CHANGE #30 SEE NOTE	Ī	Yea	ar 1	Ye	ar 2	Ye	ar 3	Yea	ar 4	Yea	r 5	Yea	ar 6
			F 2013	S 2014	F 2014	S 2015	F 2015	S 2016	F 2016	S 2017	F 2017	S 2018	F 2018	S 201
SLO 4	Construct a workout that develops cardiovascular endurance.	A,B,D,E												
	KIN 0043 (PHED 0035) Lifeguard Training		Enter	"X" in b	oxes a	as appr	opriate							
SLO 1	Describe the skills needed to respond appropriately to respiratory and cardiac emergencies.	C,D												
CSLO 2	Determine in writing legal considerations of a lifeguard in performance of their responsibilities.	Е												
SLO 3	Demonstrate the skills needed to prevent an aquatic emergency.	C,D												
CSLO 4	Demonstrate through skills tests all skills developed to the level specified by the American Red Cross to receive certification.	A,D,E												
CSLO 5	Explain orally the techniques necessary for interacting with the public including working with diverse cultures.	D												
	KIN 0044 (PHED 0033) Recertification for Lifeguard Training & Professional Rescue CPR													
CSLO 1	Identify behaviors of a swimmer, distressed swimmer and an active or passive drowning victim.	E,D												
CSLO 2	Describe the general procedures for an emergency occurring in the water or on land.	C,D,E												
	Demonstrate competency in all required skills and activities.	A,D,E												
	Recognize and care for possible head, neck or back injuries.	C,E												
	Demonstrate how to perform equipment-based rescues.	C,D,E												
	KIN 0050A (PHED 0056A) Ballet I													
	The wrong ourcomes are in WebCMS:They are related to yoga.													
	KIN 50B (PHED 0056B) Ballet II													
CSLO 1	Demonstrate a measure of improved muscular abilities such as flexibility, balance and coordination.	A,D,E					С					Р		
CSLO 2	Evaluate the history of ballet and compare and contrast historical evolution.	D,E										-		
SLO 3	Demonstrate an understanding of ballet terminology at the intermediate level.	D,E												
CSLO 4	Illustrate mastery in advanced pointe work including proper technique and training of ballet skills.	C												
	KIN 0051 (PHED 0054) Jazz Dance		Enter	"X" in b	oxes a	as appr	opriate							
CSLO 1	Perform a proper warm-up routine for the class that focuses on flexibility through increased range of motion of joints.	С												
CSLO 2	Recognize and define given dance terminology as presented in class by the instructor.	D,E												
SLO 3	Assess floor work and locomotor skills through video analysis of a performance.	A,D,E												
	Apply elements of jazz dance composition (e.g., time, space, energy dynamics and intensity) measured through instructor evaluation of assigned choreography	A,D,E		X					С					Р
CSLO 4	compositions.	/ D , L												
CSLO 4	Evaluate a performance of specific jazz steps and be able to perform the steps in a jazz composition of their own design measured by instructor evaluation. KIN 0052 (PHED 0051)	D,E												

	CHANGES ARE HIGHLIGHTED IN PURPLE-ALSO NEED TO CHANGE #30 SEE NOT	 E	Ye	ar 1	Ye	ar 2	Year 3		Year 4	,	ear 5	Yea	ar 6
			F 2013	S 2014	F 2014	S 2015	F 2015	S 2016	F 2016 S 20	7 F 20	17 S 2018	F 2018	S 201
										1			
	KIN 0053 (PHED 0051D) Modern Ballroom Dance												
	Demonstrate proper dance steps with combinations.	A,D,E											
	Critique the moves associated with the cha cha and floor etiquette.	A,D,E						С				Р	
CSLO 3	Evaluate the safety procedures associated with proper dance equipment.	С		С									
CSLO 4	Examine the evolution of the social components of ballroom dance.	D,E											
CSLO 5	Identify the health related components of ballroom dance.	В											
	KIN 0054 (PHED 0053) Modern Dance												
	Demonstrate proper body alignment coordination, motor control and efficiency of												
CSLO 1	locomotor movement inherent to modern dance measured through class participation												
	and performance evaluation.	D,E			С					С			
	Compare and contrast specific fundamentals of modern dance (e.g. space, energy,												
CSLO 2	rhythm, and forms of composition) measured through performance evaluation,												
	written evaluation, and class discussion.	A,D,E											
CSLO 3	Assess the history, philosophies, and styles of modern dance and improvisation	D.F.											
	through written evaluation and class discussion.	D,E											
	KIN 0055 (PHED 0051C) Line Dance Assess appropriate individual aerobic heart rate levels and the accompanying												
CSLO 1	perceived exertion.	A,B,D,E											
	Demonstrate a knowledge of line dance skill by rating a selected set of line dance	А,Б,Д,Е											
CSLO 2	movements from simple to difficult.	A,D,E		С					c				
	Research and describe the connection between consistent exercise programs, proper	71,5,5											
CSLO 3	nutrition and stress management techniques for optimal fitness through class												
00_0	discussion, assignments and written evaluations.	B,E											
CSLO 4	Assemble and show understanding of a lexicon of dance terminology.	B,E											
	KIN 0062 (PHED 55) YOGA No CSLO's in WebCMS	5,2											
CSLO 1	Distinguish basic Hatha Yoga postures to instructor satisfaction.	D,E											
	Demonstrate improved flexibility measured by three separate flexibility tests taken												
CSLO 2	at the beginning, middle and end of the semster.	A,D,E		С					c				
201.0.0	Create and demonstrate a 15 to 20 minute yoga routine measured by instructor												
CSLO 3	evaluation.	D,E											Р
CSLO 4	Diagram basic understanding of the history of yoga and its relationship to Indian												
CSLU 4	culture measured through written evaluation.	D,E											
	WIN OOS Vana History and Culture												
001.0 /	KIN 0065 Yoga History and Culture												
	Describe the hisory of yogic culture, practices and ethical values.												
	Differentiate between the different types of Hatha yoga.												
	Explain yogic practice within a wider cultural context.												
	Describe the role of nutrition plays with regard to yoga practice.												
USLO 5	Identify th eight limbed path of Ashtanga Yoga.												
	KIN 0066 Yoga Pedagogy Lecture												
	Identify components needed to teach a beginning level hatha yogaclass, including												
CSLO 1	knowledge of applicable anatomy, fitness benefits and injury prevention.												

	CHANGES ARE HIGHLIGHTED IN PURPLE-ALSO NEED TO CHANGE #30 SEE NOT	F	Ye	ar 1	Ye	ar 2	Year 3	3 1	ear 4	Yea	r 5	Year 6
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CSLO 2	Develop a class sequesnce that meets their intended goals as a teacher.		1 2010	0 2011	1. 2011	0 20 10	2010	2010 1 20	10 0 2011	1. 2017	0 20.0	. 2010 0 20
	Explain, demonstrate and correct the physical movement involved in hatha yoga.											
	KIN 0068 (PHED 0068) Introduction to Meditation											
SLO 1	Perform assessment of heart rate at the beginning and end of meditation.	A,B										
CSLO 2	Analyze effects of diet and music on meditation practice.	В										
	Evaluate the relationship of energy level and state of mind.	D,E										
	KIN 0069 (PHED 0019) Mat Pilates											
SLO 1	Assess personal fitness level.	A,D,E										
	Analyze difficulty progression of Pilates movements.	A,D,E A,E								С		P
												P
SLU 3	Assemble and perform a workout, with a group, and demonstrate a variety of	С										
CSLO 4	exercises.	A,D,E										
		.,,-,-								<u> </u>		
	KIN 0070 Yoga Pedagogy Lab Identify components needed to teach a beginning level hatha yogaclass, including									1		
SLO 1	knowledge of applicable anatomy, fitness benefits and injury prevention.											
SLO 2	Develop a class sequesnce that meets their intended goals as a teacher.											
	Explain, demonstrate and correct the physical movement involved in hatha yoga.											
0_0 0	KIN 0071 (PHED 0073) Adaptive Aquatics No CSLO's in WebCMS											
	Demonstrate swimming using proper equipment for individual physical limitation(s)											
SLO 1	while demonstrating proper safety.	C,D		С					С			
201.0.0	Demonstrate modified swimming activities or modified ambulation for his/her	-,										
SLO 2	limitation(s).	D,E										
SLO 3		В										
	KIN 0072 (PHED 0074) Adaptive Aerobic Fitness No CSLO's in WebC	MS										
SLO 1	Summarize the benefits derived from a higher level of aerobic fitness.	D,E			Х							
SLO 2	Select the correct fitness machine for a given exercise for prescribed muscle groups.											
OLO 2		A,D,E						С				
SLO 3	Apply concept of weight room safety rules by using proper safety techniques in											
	specific exercises.	С										
SLO 4	Compare and contrast the data from fitness evaluations during the semester.	Е										
	KIN 0073 (PHED 0072) Individualized Excercises NoCSLO's in WebC	MS										
SLO 1	Demonstrate basic skill level in all major and minor lifts with or without modification											
OLO 1	to lift.	A,D										
SLO 2	Apply concepts of weight room safety by using appropriate techniques to any specific											
	lift.	<u>C</u>										
	Demonstrate the ability to correctly log and monitor progress.	A,D,E										
SLO 4	Summarize the fitness benefits of resistive weight training.	A,E										
SLO 5	Develop a nutritional plan.	В										
	KIN 0074 (PHED 0071) Adaptive Physical Education		Enter	"X" in b	oxes a	as appro	priate					
SLO 1	Demonstrate safety techniques using exercise equipment.	С										
CSLO 2	Demonstrate proficiency in a 3 x 10 plan, completing 60% of each routine given a five											
,SLU 2	exercise weight program.	A,D,E										

Kinesiology Program ISLOs, PSLOs, CSLOs, Mapping, and Assessment Plan CHANGES ARE HIGHLIGHTED IN PURPLE-ALSO NEED TO CHANGE #30 SEE NOTE 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 Move to the next weight standard (4 times per semester) given a weight program that CSLO 3 moves up when the student can do all 3 sets 10 times. A,D,E CSLO 4 Develop a nutritional plan using instructor provided information. В KIN 0075 (PHED 0075) Adaptive Walk/Jog No outcomes in WebCMS KIN 0080 (PHED 0032) Ace Personal Trainer Prep CSLO 1 Describe bio-mechanical principles applied to human movement. Χ F CSLO 2 Create and design a low back care exercise plan. $\overline{\mathsf{c}}$ C,B,E Compare and contrast techniques of body composition testing to develop individual CSLO 3 Χ B.E weight management programs. Formulate a guideline on how to fuel the body for optimal performance. CSLO 4 B,D,E KIN 0082 (PHED 0081) Introduction to Kinesiology CSLO 1 Compare and contrast the psychological benefits of physical activity. A,D,E CSLO 2 Analyze contemporary Physical Education, Exercise Science and Sport Programs. D.E C CSLO 3 Examine Physical Education safety procedures. С X CSLO 4 Investigate cardiorespiratory endurance programs. B.D.E KIN 0082 (PHED 0082) Sports Officiating Enter "X" in boxes as appropriate Compare and contrast the rules of each sport, (this outcome is different in WebCMS) CSLO 1 D.E Evaluate how etiquette of the officials and integrity of the official are viewed by CSLO 2 supervisors of sports. D.E Determine how fitness levels, nutrition and weight management should be CSLO₃ В scrutinized and adhered to. Define the legal rights and responsibilities of an official. CSLO 4 D.E Identify safety standards for all officials in various sports and in different CSLO 5 С environments. KIN 0083 (PHED 0083) Physiology of Fitness CSLO 1 Adecsribe how various organ systems funtion and adapt during physical activity. С D.E CSLO 2 InIdentify training strategies that may improve physical performace. B.D.E CSLO 3 Evaluate how physical activity impacts the health of the body over time. D,E KIN 0084 (PHED 0084) Care and Prevention of Athletic Injuries Correlate principles of human anatomy as applicable to the athletic training scope of CSLO₁ Χ С practice. D,E Design rehabilitation program for specific injuries by selecting and incorporating CSLO 2 appropriate modalities and exercises (range of motion, proprioceptive, strength and cardiorespiratory) C,D,E Critique situations for risk of exposure to blood born pathogens and choose CSLO 3 С appropriate universal precautions to prevent disease transmission. Distinguish the appropriate taping techniques for specific injuries and demonstrate CSLO 4 D.E basic skills in the use of taping for a variety of body parts.

	CHANGES ARE HIGHLIGHTED IN PURPLE-ALSO NEED TO CHANGE #30 SEE NOTE	<u> </u>	Ye	ar 1	Ye	ar 2	Yea	ar 3	Ye	ar 4	Yes	ar 5	Yes	ar 6
	OTHER SECTION AND THE PROPERTY OF THE PROPERTY	_								S 2017				
	KIN 0086 (PHED 0086) Psychology of Sport		F 2013	5 2014	F 2014	5 2015	F 2015	5 2016	F 2016	5 2017	F 2017	5 2018	F 2018	5 2019
CSLO 1	Examine the relationship between sports psychology and stress/burnout.	D,E					С							
	Demonstrate knowledge of current psychological trends in sports and fitness.	E										Р		
	Outline team building and cohesion techniques.											- '		
	Correlate psychology and rehabilitation of sports injuries.	С												
CSLO 4	1 1		F											
	KIN 0087A (PHED 0089A) Theory of Baseball		Enter	"X" IN I	oxes a	s appro	priate							
CSLO 1	Compare and contrast situations from game videos and case studies to analyze the	D.E.							_					
00100	mental attitude of successful baseball players.	D,E		V	X				С					
CSLO 2	Identify and explain special defensive situations in the infield.	D,E		Х										
CSLO 3	Analyze the main characteristics of relay throws and double cut offs to home plate and all other bases.	D,E												
CSLO 4	Analyze the hitting mechanics used to hit an outside pitch and an inside pitch.	D,E												
	KIN 0087B (PHED 0089B Theory of Basketball													
CSLO 1	Analyze the basic fundamentals of basketball including offensive and defensive skill													
CSLOT	sets.	D,E			Х					С				
CSLO 2	Develop coaching strategies for end of game special situations, such as: last second													
COLO 2	press schemes and time and score clock management.	D,E												
CSLO 3	Assess the benefits of incorporating a match up zone defense versus straight man to man.	B,D,E												
	KIN 0087C (PHED 0089F) Theory of Football	D,D,L												
CSLO 1	Create and develop football game strategy.	E												
	Develop and demonstrate graphically creative practice routines for offense, defense,													
CSLO 2	and special teams.	D,E									С			
CSLO 3	Analyze game video and develop game plan strategies.	D,E												
CSLO 4	Practice and simulate mental approach and simulate action - knowing how to match	·												
	your strength with their weakness.	Е												
CSLO 5	Through discussion and analysis, break down individual and unit strategies.	D,E			Х									
	KIN 0087D Theory of Soccer NO CSLO's in WebCMS									•				
CSLO 1														
CSLO 2														
CSLO 3														
CSLO 4														
CSLO 5														
	KIN 0087E (PHED 0089C) Theory of Softball													
CSLO 1	Critique hitting mechanics.	E												
	Analyze the mental attitude of softball players' nutrition.	B,D,E		С					С					
	Analyze game video and situations.	D.E												
	Evaluate safety concerns in the game of softball.	C												
	KIN 0087F (PHED 0089G) Theory of Volleyball													
	Demonstrate knowledge of offensive and defensive strategies in volleyball													
CSLO 1	competition.													
	KIN 0088 (PHED 0088) Introduction to Coaching Team Sports													
				1	1	1								
CSLO 1	Examine the various coaching philosophies for various sports.	E												

	CHANGES ARE HIGHLIGHTED IN PURPLE-ALSO NEED TO CHANGE #30 SEE NOT	F	Ye	ar 1	Ye	ar 2	Ye	ar 3	Ye	ar 4	Yea	ar 5	Yea	ar 6
						I				S 2017				
CSLO 3	Analyze the social aspects of team sports.	D.E	1 2013	0 2014	1 2014	0 2013	1 2013	0 2010	1 2010	0 2017	1 2017	0 2010	1 2010	0 201
	KIN 0096 (PHED 0093) Sports Activities	₽,∟												
CSLO 1	, , ,	С												
	Examine rules for volleyball, basketball and flag football.	E												
CSLO 3	Determine the value of exercise and weight management through participation in sports activities.	B,D,E												
CSLO 4	Demonstrate skills training pertaining to each sport activity.	A,E												
	KIN 0095 (PHED 0095)	,												
CSLO 1	Perform internship duties that relate to educational or occupational goal.													
CSLO 2														
CSLO 3	Evaluate internship success with site superisor and instructor.													
	KIN 0096 (PHED 0093) Sports Activities													
CSLO 1	Examine all the safety guidelines for the various sports activities.													
CSLO 2														
CSLO 3	Determine the value of exercise and weight management through participation in sports	activities.												
CSLO 4														
	Assemble various stress management techniques for common stressors in fire													
CSLO 1	fighting.	C,D,E												
CSLO 2	Evaluate proper nutrition for fire fighting.	В												
CSLO 3	Assess prevention methods for injuries common to fire fighters.	D,E												
CSLO 4	Construct a workout that combines aerobic capacity and body composition	A,D,E												
	KIN 0100 Coaching the Young Athlete													
CSLO 1	Compare and contrast coaching philosophy and coaching styles.													
CSLO 2	Compare and cotrast coaching specific communication techniques for diverse athletes.													
CSLO 3	Explain the various ways to analyze an athlete's method of learning.													
CSLO 4	Explain how to communicate athletic performace to various age groups.													
CSLO 5	Explain how to address parental concerns regarding their child athlete.													
	KIN 0101 Sport First Aid for Coaches													
CSLO 1	Analyze strategies for reducing athlete's risk of injury or illness.													
CSLO 2	Compare and contrast risks assiciatied with individual and team sport injury or illness.													
CSLO 3	Develop a medical emergency plan.													
CSLO 4	Create an educational plan for athletes and coaches on the effects and dangers of perfo	rmance enhance	rs.											
	KIN 0802 (PHED 0802) Adaptive Motor Skills Developmet													1
CSLO 1	No CSLO's in WebCMS													
CSLO 2														
CSLO 3														
CSLO 4														
	Total Number of Courses (from last number assigned)		0	0	0	0	0	0	0	0	0	0	0	0

CHANGES ARE HIGHLIGHTED IN PURPLE-ALSO NEED TO CHANGE #30 SEE NOTE	Ye	ear 1	Ye	ar 2	Ye	ar 3	Ye	ar 4	Ye	ar 5	Ye	ar 6
	F 2013	S 2014	F 2014	S 2015	F 2015	S 2016	F 2016	S 2017	F 2017	S 2018	F 2018	S 201
Total Number of CSLOs (manually enter)												
Number of CSLOs Assessed Per Semester (per formula)	0	18	10	0	0	0	0	0	0	0	0	(
Percentage of CSLOs Assessed (per formula)	#DIV/0!	#DIV/										
Number of Courses Assessed Per Semester (manually enter)												
Percentage of Courses Assessed (per formula)	#DIV/0!	#DIV/										