

AA in Physical Education and Health Education

College Learning Outcomes Matrix: Rate each course from 1 to 5 with 5 being the most important.

AA in Physical Education and Health Education	Year of SLO Review	1. Written, Oral and Visual Communication	2. Scientific and Quantitative Reasoning:	3. Critical Thinking:	4. Problem Solving:	5. Information Literacy:	GE	CORE DEGREE REQS (highlighted)
PE/BIOL 107 Human Biology-cross listed course w/BIO		5	3	5	3	3	X	X
PE/HED 114 Intro to Kinesiology	S12	5	3	5	3		(x)	X
PE 118 Sports Nutrition for Health and Performance	S12	4	3	3	4			X
PE 119 Effective Teaching Strategies in Wellness and Fitness	F11	5	4	4	4	5		X
PE 120 Introduction to Sport and Exercise Psychology	F11	5	5	5	4	5		X
PE 121 Personal Trainer Certification Course	F11	4	4	3	4			X
PE 143/HED 143 Introduction to Sports Medicine	F12							X
HED 115 Weight Control, Exercise and Nutrition	F11	5	4	3	3			X
HED 130 Contemporary Health Issues	F11	5	3	5	3		X	X
SPECIFIC SPORTS/FITNESS CLASSES								X

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GENERAL EDUCATION SLOS

WHAT ASSIGNMENTS DO YOU GIVE IN THESE CLASSES THAT ASSESS THE FOLLOWING GE SLOS?

What assessment tools do you use? Fill out only for SLOs that you rated 4 or 5 on the page above.

AA in Physical Education and Health Education	PE 107	PE/HED 114	HED 130
1. Written, Oral and Visual Communication:		Weekly essays- grading rubric Presentation Research Paper	Weekly essays- grading rubric
2. Scientific and Quantitative Reasoning:			
3. Critical Thinking:		Weekly essays- grading rubric Presentation Research Paper	Weekly Essays- grading rubric
4. Problem Solving:			
5. Information Literacy:			

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A.A. in Physical Education and Health

Choose 12 units from the list below:

PE/BIO 107	Human Biology	3 units
PE/HED 114	Intro to Kinesiology	3 units
PE/HED 118	Sports Nutrition for Health and Performance	3 units
PE/HED 119	Effective Teaching Strategies	3 units
PE 120	Introduction to Sport and Exercise Psychology	3 units
PE 121	Personal Trainer Certification Course	3.5 units
PE 143	Introduction to Sports Medicine	3 units
HED 115	Weight Control, Exercise and Nutrition	3 units
HED 130	Contemporary Health Issues	3 units

Choose 6 units from the list below:

PE 110	Mat Pilates	1 unit
PE 117	Basketball	1 unit
PE 125 A-K	Fitness	1 unit
PE 147	Soccer	1 unit
PE 156	Instructional Lap Swimming	1 unit
PE 160	Tennis	1 unit

PE 164	Sports Conditioning	1 unit
PE 169	Weight Training	1 units
PE 173 A	Yoga	1 unit
PE 175	Intercollegiate Baseball	2 units
PE 176	Intercollegiate Basketball	2 units
PE 180	Intercollegiate Soccer	2 units
PE 181	Intercollegiate Softball	2 units
PE 182	Intercollegiate Volleyball	2 units
PE 183	Intercollegiate Swimming	2 units
PE 185	Intercollegiate Track and Field	2 units
PE 190 A	Baseball Theory	2 units
PE 191 A	Soccer Theory	2 units
PE 192 A	Basketball Theory	2 units
PE 196	Softball Theory	2 units
Fire 215	Advanced First Aid	2 units

Note: Students must complete English 150 to satisfy the Associate degree. Transfer students are advised to complete English 150. All students should consult a counselor.

SLOS for the AA in PE/Health

Upon successful completion of an AA degree in Physical Education and Health students will be able to:

1. Analyze and assess various movement activities with an understanding of the basic principles of anatomy, physiology, and/or biomechanics.
2. Identify, value and implement wellness strategies and principles that support a healthy lifestyle.
3. Apply critical thinking skills in the quantitative and qualitative analysis of (successful) skill development, proper technique, physiological principles and kinesthetic awareness in activities related to physical education and athletics.
4. Utilize current technology to research and compile information in health and wellness, human performance and athletic competition.

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IN WHICH COURSES ARE THESE DEGREE SLOS ASSESSED? Use “I” for Intro, “P” for Practice and “M” for Mastery.

AA in Physical Education and Health Education	PE 107	PE HED 114	PE HED 118	PE HED 119	PE 120	PE 121	PE 143	HED 115	HED 130
1. Analyze and assess various movement activities with an understanding of the basic principles of anatomy, physiology, and/or biomechanics.		I		I		IP		I	I
2. Identify, value and implement wellness strategies and principles that support a healthy lifestyle.		IP	IP		IP	IP		IP	IP
3. Apply critical thinking skills in the quantitative and qualitative analysis of (successful) skill development, proper technique, physiological principles and kinesthetic awareness in activities related to physical education and athletics.		IP	I	IP	IP	IP			
4. Utilize current technology to research and compile information in health and wellness, human performance and athletic competition.		IP	IP	IP	IP	IP		IP	IP

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DEGREE SLOS

WHAT ASSIGNMENTS DO YOU GIVE IN THESE CLASSES THAT ASSESS THE FOLLOWING DEGREE SLOS?

AA in Physical Education and Health Education	SLO #1	SLO #2	SLO #3	SLO #4
PE/BIOL 107 Human Biology				
PE/HED 114 Intro to Kinesiology ???	Textbook readings Essay Questions	Textbook readings Essay Questions	Textbook readings Essay Questions	Research and analyze web sites
PE 118 Sports Nutrition for Health and Performance	Textbook readings Exam	Textbook readings Research paper	Textbook readings	Research and analyze web sites
PE 119 Effective Teaching Strategies in Wellness and Fitness	Textbook readings Lesson Plan Presentations		Presentation Teaching Philosophy Strategy Analysis	Research and analyze web sites
PE 120 Introduction to Sport and Exercise Psychology		Case Study Journal Entry Presentations	Textbook readings Social Observation	Movie Analysis Research and analyze web sites
PE 121 Personal Trainer Certification Course	Textbook readings Demonstrations Presentations	Presentations	Textbook readings Lecture Notes Presentations	Research and analyze web sites
PE 143/HED 143 Introduction to Sports Medicine				
HED 115 Weight Control, Exercise and Nutrition	Textbook readings Essay Questions	Textbook readings Research Paper Essays	Essay Research Paper	Research and analyze web sites
HED 130 Contemporary Health Issues	Textbook readings Essay Questions	Textbook readings Essay Questions	Textbook readings Essay Questions	Research and analyze web sites
SPORT/FITNESS CLASSES				

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THESE DEGREE OUTCOMES EQUAL WHICH COURSE OUTCOMES FOR THESE COURSES?

It might be helpful to highlight the parallel course level ones in the course SLOs in the following pages. (The idea is to only do one assessment that will count for multiple levels of SLOs.)

PE/Health AA Degree SLOs	PE 107	PE HED 114	PE HED 118	PE HED 119	PE 120	PE 121	PE 143	HED 115	HED 130
1. Analyze and assess various movement activities with an understanding of the basic principles of anatomy, physiology, and/or biomechanics.						Course SLO 2			
2. Identify, value and implement wellness strategies and principles that support a healthy lifestyle.		Course SLO 2		Course SLO 1		Course SLO 1		Course SLO 1	Course SLO 1
3. Apply critical thinking skills in the quantitative and qualitative analysis of (successful) skill development, proper technique, physiological principles and kinesthetic awareness in activities related to physical education and athletics.		Course SLO 3		Course SLO 2	Course SLO 2	Course SLO 2		Course SLO 2	Course SLO 3
4. Utilize current technology to research and compile information in health and wellness, human performance and athletic competition.		Course SLO 1			Course SLO 4	Course SLO 3		Course SLO 1	Course SLO 2

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HED_114	Introduction to Kinesiology	New Course
Expected Outcomes for Student:		
Upon completion of this course, students will be able to:		
<ol style="list-style-type: none">1. Synthesize the material learned in the lecture portion of this class with the information that is gained through interaction with the wellness and fitness guest speakers to formulate a realistic career goal.2. Analyze their own skills, strengths, weaknesses, likes and dislikes in relation to the Kinesiology professionals presented in class.3. Produce a goal-plan for a specific specialty within Kinesiology to help guide them in their future career search.		

HED_118	Sports Nutrition for Health and Performance	Revise Course
Expected Outcomes for Student:		
Upon completion of this course, students will be able to:		
<ol style="list-style-type: none">1. Compare the relationship between food intake and athletic performance.2. Discuss the effects of carbohydrate, fat and protein on exercise performance as well as the need for selected vitamins, minerals, electrolytes and water.3. Create a nutritionally balanced diet with time and budget limitations as well as limited cooking skills.4. Design a sports specific nutritional plan for pre-, during and post-exercise.5. Apply recommendations for hydration and replacement electrolytes prior to, during and after training.		

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HED_119	Effective Teaching Strategies in Wellness and Fitness	Revise Course
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Expected Outcomes for Student:

Upon completion of this course, students will be able to:

1. Utilize a toolbox of effective teaching, learning, and evaluation strategies that they developed for implementation in various wellness and fitness settings.
2. Analyze their own strengths and weaknesses in regards to those effective styles.
3. Integrate the theoretical material learned in this class with those practical skills acquired.

PE_120	Introduction to Sport and Exercise Psychology	Revise Course
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Expected Outcomes for Student:

Upon completion of this course, students will be able to:

- Examine the history of sport and exercise psychology
- Apply psychological theories and research related to sport and exercise psychology to their everyday lives.
- Describe how psychological factors influence involvement and performance in sport, exercise, and physical education settings and how participation in sport, exercise, and physical education influences the psychological makeup of the individuals involved.
- Create a psychological skills training program for a specific target population.

PE_121	Personal Trainer Certification Course	Revise Course
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Expected Outcomes for Student:

Upon completion of this course, students will be able to:

1. Develop practical skills in teaching, evaluating, and motivating participants in healthy activities
2. Properly screen and identify possible contraindications
3. Demonstrate the knowledge and ability to instruct proper performance of injury prevention techniques

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PE_143	Introduction to Sports Medicine	Revise Course
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Expected Outcomes for Student:

- Upon completion of this course, students will be able to:
- Recognize and relate several medical terms
 - Synthesize the etiology, pathology and treatment of several athletic injuries.
 - Evaluate several injuries
 - Explain and demonstrate how to rehabilitate and recondition several injuries
 - Explain and demonstrate how to tape an ankle, knee, wrist, hand and thumb
 - Demonstrate how to use an ace bandage for the shoulder and thigh
 - Understand the physiological response of the body to injury

HED_115	Weight Control, Exercise, and Nutrition	Revise Course
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Expected Outcomes for Student:

- Upon completion of this course, students will be able to:
1. Monitor a health behavior of their choice in a systematic fashion through the behavior modification process.
 2. Compare and contrast the different methodologies utilized for weight management with current scientific weight management literature.
 3. Utilize informed decision-making strategies to develop future healthier lifestyles.

HED_130	Contemporary Health Issues	Revise Course
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Expected Outcomes for Student:

1. Define the six dimensions of health and the necessity of incorporating them into daily life
2. Demonstrate a life- long plan for maintaining a healthful style of eating and activity.
3. Identify the basic principles of health and wellness to develop an informed, personal approach to mental and physical health