

SLO Presentation

ATH

Date: 09/11/2019

HEALTH, PHYS ED, ATHLETICS, DANCE
ATH
PSLO No PSLOs
CSLO
ATH200L - BASEBALL, MEN <ul style="list-style-type: none">• The students will perform the following skills: throwing, catching, hitting, fielding, bunting, base running, and sliding• The students will describe the mechanics for pitching and the skills required for the catchers position.• The students will describe and execute the strategies for baseball, specifically bunt coverages, pick offs, hit and runs, and steals
ATH201LA - BASEBALL, MEN, OFF-SEASON INTERCOLLEGIATE <ul style="list-style-type: none">• A. Demonstrate knowledge of rules and strategies of baseball to prepare for intercollegiate competition• B. Demonstrate advanced techniques and skills of baseball to prepare for intercollegiate competition• C. Demonstrate good sportsmanship• D. Develop an appreciation for baseball at the intercollegiate level
ATH201LB - BASEBALL, MEN, OFF-SEASON INTERCOLLEGIATE <ul style="list-style-type: none">• Students demonstrate knowledge of rules and strategies of baseball to prepare for intercollegiate competition.• Students demonstrate advanced techniques and skills of baseball to prepare for intercollegiate competition.• Students demonstrate good sportsmanship.• Students develop an appreciation for baseball at the intercollegiate level.
ATH202L - BASKETBALL, MEN <ul style="list-style-type: none">• The student will access the defensive system employed and produce offensive skills to attack this system• The student will execute the game plan for each contest, which will then support the game and season goals• The student will execute the appropriate defense by utilizing fundamentally sound defensive principles
ATH203LA - BASKETBALL, MEN, OFF-SEASON INTERCOLLEGIATE <ul style="list-style-type: none">• Students demonstrate knowledge of rules and strategies of basketball to prepare for intercollegiate competition.• Students demonstrate advanced techniques and skills of basketball to prepare for intercollegiate competition.• Students demonstrate good sportsmanship.• Students develop an appreciation for basketball at the intercollegiate level.
ATH203LB - BASKETBALL, MEN, OFF-SEASON INTERCOLLEGIATE <ul style="list-style-type: none">• Demonstrate knowledge of rules and strategies of basketball to prepare for intercollegiate competition• Demonstrate advanced techniques and skills of basketball to prepare for intercollegiate competition• Demonstrate good sportsmanship• Develop an appreciation for basketball at the intercollegiate level
ATH203LC - BASKETBALL, MEN, OFF-SEASON INTERCOLLEGIATE <ul style="list-style-type: none">• Demonstrate knowledge of rules and strategies of basketball to prepare for intercollegiate competition• Demonstrate advanced techniques and skills of basketball to prepare for intercollegiate competition• Demonstrate good sportsmanship• Develop an appreciation for basketball at the intercollegiate level

ATH204L - BASKETBALL, WOMEN

- The student will execute the game plan for each contest, which will then support the game and season goals
- The student will access the defensive system employed and produce offensive skills to attack this system
- The student will execute the appropriate defense by utilizing fundamentally sound defensive principles

ATH205LA - Basketball Women Off Season Intercollegiate

- Students demonstrate advanced techniques and skills of basketball to prepare for intercollegiate competition.
- Students demonstrate good sportsmanship.
- Students demonstrate knowledge of rules and strategies of basketball to prepare for intercollegiate competition.
- Students develop an appreciation for basketball at the intercollegiate level.

ATH205LB - BASKETBALL, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of basketball to prepare for the competitive season.
- Demonstrate advanced techniques and skills of basketball to prepare for the competitive season.
- Demonstrate good sportsmanship.
- Develop an appreciation for basketball at the intercollegiate level.

ATH205LC - BASKETBALL, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of basketball to prepare for intercollegiate competition.
- Demonstrate advanced techniques and skills of basketball to prepare for intercollegiate competition.
- Demonstrate good sportsmanship.
- Develop an appreciation for basketball at the intercollegiate level.

ATH205LD - BASKETBALL, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Students demonstrate advanced techniques and skills of basketball to prepare for intercollegiate competition.
- Students demonstrate good sportsmanship.
- Students demonstrate knowledge of rules and strategies of basketball to prepare for intercollegiate competition.
- Students develop an appreciation for basketball at the intercollegiate level.

ATH206L - CROSS COUNTRY, MEN

- Students demonstrate knowledge of rules and strategies of cross country.
- Students demonstrate advanced techniques and skills of cross country.
- Students demonstrate good sportsmanship.
- Students develop an appreciation for cross country at the intercollegiate level.

ATH207LA - CROSS COUNTRY, MEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of running cross country
- Demonstrate advanced techniques and skills of running cross country to prepare for the competitive season
- Demonstrate good sportsmanship
- Develop an appreciation for cross country to prepare for the competitive season

ATH207LB - CROSS COUNTRY, MEN, OFF-SEASON INTERCOLLEGIATE

- The successful student will be able to improve Cross Country time performance.
- The successful student will be able to use the necessary training components in the development of performance leading toward their intercollegiate competitive goals.

ATH207LC - CROSS COUNTRY, MEN, OFF-SEASON INTERCOLLEGIATE

- The successful student will be able to improve Cross Country time performance.
- The successful student will be able to use the necessary training components in the development of performance leading toward their intercollegiate competitive goals.

ATH208L - CROSS COUNTRY, WOMEN

- Students demonstrate knowledge of rules and strategies of cross country.
- Students demonstrate advanced techniques and skills of cross country.
- Students demonstrate good sportsmanship.
- Students develop an appreciation for cross country at the intercollegiate level.

ATH209LA - CROSS COUNTRY, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of running cross country
- Demonstrate advanced techniques and skills of running cross country to prepare for the competitive season
- Demonstrate good sportsmanship
- Develop an appreciation for cross country to prepare for the competitive season

ATH209LB - CROSS COUNTRY, WOMEN, OFF-SEASON INTERCOLLEGIATE

- The successful student will be able to improve Cross Country time performance.
- The successful student will be able to use the necessary training components in the development of performance leading toward their intercollegiate competitive goals.

ATH209LC - CROSS COUNTRY, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of running cross country
- Demonstrate advanced techniques and skills of running cross country to prepare for the competitive season
- Demonstrate good sportsmanship
- Develop an appreciation for cross country to prepare for the competitive season

ATH210L - FOOTBALL, MEN

- Students demonstrate knowledge of rules and strategies of football.
- Students demonstrate advanced techniques and skills of football.
- Students demonstrate good sportsmanship.
- Students develop an appreciation for football at the intercollegiate level.

ATH211LA - FOOTBALL, MEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of football in preparation for the competitive season
- Demonstrate advanced techniques and skills of football in preparation for the competitive season
- Demonstrate good sportsmanship
- Develop an appreciation for football in preparation for the competitive season

ATH211LB - FOOTBALL, MEN, OFF-SEASON INTERCOLLEGIATE

- The students will develop an advance understanding of Offense, Defense, and the Special Teams Football Fundamentals at the Collegiate Level.
- The student will be able to demonstrate knowledge of the rules, terminology, offensive strategy and safety issues involved in football.

ATH211LC - FOOTBALL, MEN, OFF-SEASON INTERCOLLEGIATE

- The students will develop an advance understanding of Offense, Defense, and the Special Teams Football Fundamentals at the Collegiate Level.
- The student will be able to demonstrate knowledge of the rules, terminology, offensive strategy and safety issues involved in football.

ATH212L - SOCCER, MEN

- Students demonstrate knowledge of rules and strategies of soccer.
- Students demonstrate advanced techniques and skills of soccer.
- Students demonstrate good sportsmanship.
- Students develop an appreciation for soccer at the intercollegiate level.

ATH213LA - SOCCER, MEN, OFF-SEASON INTERCOLLEGIATE

- Students demonstrate knowledge of rules and strategies of soccer.
- Students demonstrate advanced techniques and skills of soccer.

- Students demonstrate good sportsmanship.
- Students develop an appreciation for soccer at the intercollegiate level.

ATH213LB - SOCCER, MEN, OFF-SEASON INTERCOLLEGIATE

- The student will be able to demonstrate the basic skills of soccer including kicking, trapping, dribbling, heading, tackling and throw-ins.
- The student will be able to demonstrate knowledge of the basic rules of soccer, strategies, tactics and goalkeeping terminology.

ATH213LC - SOCCER, MEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of soccer in preparation for the competitive season
- Demonstrate advanced techniques and skills of soccer in preparation for the competitive season
- Demonstrate good sportsmanship
- Demonstrate an appreciation for soccer at the intercollegiate level

ATH214L - SOCCER, WOMEN

- Students demonstrate knowledge of rules and strategies of soccer.
- Students demonstrate advanced techniques and skills of soccer.
- Students demonstrate good sportsmanship.
- Students develop an appreciation for soccer at the intercollegiate level.

ATH215LA - SOCCER, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of soccer in preparation for the competitive season
- Demonstrate advanced techniques and skills of soccer in preparation for the competitive season
- Demonstrate good sportsmanship intercollegiate level
- Demonstrate an appreciation for soccer at the intercollegiate level

ATH215LB - SOCCER, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of soccer in preparation for the competitive season
- Demonstrate advanced techniques and skills of soccer in preparation for the competitive season
- Demonstrate good sportsmanship intercollegiate level E
- Demonstrate an appreciation for soccer at the intercollegiate level

ATH216L - SOFTBALL, WOMEN

- Demonstrate knowledge of rules and strategies of softball
- Demonstrate advanced techniques and skills of softball
- Demonstrate good sportsmanship
- Develop an appreciation for softball at the intercollegiate level

ATH217LA - SOFTBALL, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of softball in preparation for the competitive season
- Demonstrate advanced techniques and skills of softball in preparation for the competitive season
- Demonstrate good sportsmanship
- Develop an appreciation for softball at the intercollegiate level

ATH217LB - SOFTBALL, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of softball in preparation for the competitive season
- Demonstrate advanced techniques and skills of softball in preparation for the competitive season
- Demonstrate good sportsmanship
- Develop an appreciation for softball at the intercollegiate level

ATH217LC - SOFTBALL, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Students demonstrate knowledge of rules and strategies of softball to prepare for intercollegiate competition.

- Students demonstrate advanced techniques and skills of softball to prepare for intercollegiate competition.
- Students demonstrate good sportsmanship.
- Students develop an appreciation for softball at the intercollegiate level.

ATH218L - SWIMMING, MEN

- The student will be able to demonstrate competitive swimming strokes: freestyle, backstroke, breaststroke and fly while learning the value and obtain a moderate level of physical fitness.
- Students develop an appreciation for swimming at the intercollegiate level
- Students demonstrate knowledge of rules and strategies of swimming to prepare for intercollegiate competition.

ATH219LA - SWIMMING, MEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of swimming in preparation for the competitive season
- Demonstrate advanced techniques and skills of swimming in preparation for the competitive season
- Demonstrate good sportsmanship
- Develop an appreciation for swimming at the intercollegiate level

ATH219LB - SWIMMING, MEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of swimming in preparation for the competitive season
- Demonstrate advanced techniques and skills of swimming in preparation for the competitive season
- Demonstrate good sportsmanship
- Develop an appreciation for swimming at the intercollegiate level

ATH219LC - SWIMMING, MEN, OFF-SEASON INTERCOLLEGIATE

- Students demonstrate knowledge of rules and strategies of swimming to prepare for intercollegiate competition.
- Students demonstrate advanced techniques and skills of swimming to prepare for intercollegiate competition.
- Students demonstrate good sportsmanship.
- Students develop an appreciation for swimming at the intercollegiate level.

ATH220L - SWIMMING, WOMEN

- The student will be able to demonstrate competitive swimming strokes: freestyle, backstroke, breaststroke and fly while learning the value and obtain a moderate level of physical fitness.
- Students will develop an appreciation for swimming at the intercollegiate level.
- Students will demonstrate knowledge of rules and strategies of swimming to prepare for intercollegiate competition.

ATH221LA - SWIMMING, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of swimming in preparation for the competitive season
- Demonstrate advanced techniques and skills of swimming in preparation for the competitive season
- Demonstrate good sportsmanship
- Develop an appreciation for swimming at the intercollegiate level

ATH221LB - SWIMMING, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Students will demonstrate the ability to swim more efficiently.
- Students will demonstrate knowledge of rules of intercollegiate swimming.
- Students will demonstrate the skills of advanced competitive swimming.
- Students will demonstrate the physical and mental skills necessary to compete successfully in intercollegiate swimming.

ATH221LC - SWIMMING, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Students demonstrate knowledge of rules and strategies of swimming to prepare for intercollegiate competition.
- Students demonstrate advanced techniques and skills of swimming to prepare for intercollegiate competition.
- Students demonstrate good sportsmanship.
- Students develop an appreciation for swimming at the intercollegiate level.

ATH221LD - SWIMMING, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of swimming in preparation for the competitive season
- Demonstrate advanced techniques and skills of swimming in preparation for the competitive season
- Demonstrate good sportsmanship
- Develop an appreciation for swimming at the intercollegiate level

ATH222L - TENNIS, MEN

- The student will be able to demonstrate the basic skills of tennis including serve, forehand, volley, lobs, and overhead smash.
- The student will be able to demonstrate knowledge of basic rules, scoring, tennis etiquette and strategies (singles and doubles).

ATH223LA - TENNIS, MEN, OFF-SEASON INTERCOLLEGIATE

- The student will be able to demonstrate the basic skills of tennis including serve, forehand, volley, lobs, and overhead smash.
- The student will be able to demonstrate knowledge of basic rules, scoring, tennis etiquette and strategies (singles and doubles).

ATH223LB - TENNIS, MEN, OFF-SEASON INTERCOLLEGIATE

- Students demonstrate knowledge of rules and strategies of tennis to prepare for intercollegiate competition.
- Students demonstrate advanced techniques and skills of tennis to prepare for intercollegiate competition.
- Students demonstrate good sportsmanship.
- Students develop an appreciation for tennis at the intercollegiate level.

ATH223LD - TENNIS, MEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of tennis in preparation for the competitive season
- Demonstrate advanced techniques and skills of tennis in preparation for the competitive season
- Demonstrate good sportsmanship
- Demonstrate an appreciation for tennis at the intercollegiate level

ATH224L - TENNIS, WOMEN

- The student will be able to demonstrate the basic skills of tennis including serve, forehand, volley, lobs, and overhead smash.
- The student will be able to demonstrate knowledge of basic rules, scoring, tennis etiquette and strategies (singles and doubles).

ATH225LA - TENNIS, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of tennis in preparation for the competitive season
- Demonstrate advanced techniques and skills of tennis
- Demonstrate good sportsmanship
- Demonstrate an appreciation for tennis at the intercollegiate level

ATH225LB - TENNIS, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Students demonstrate knowledge of rules and strategies of tennis to prepare for intercollegiate competition.
- Students demonstrate advanced techniques and skills of tennis to prepare for intercollegiate competition.
- Students demonstrate good sportsmanship.
- Students develop an appreciation for tennis at the intercollegiate level.

ATH225LC - TENNIS, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of tennis in preparation for the competitive season
- Demonstrate advanced techniques and skills of tennis
- Demonstrate good sportsmanship
- Demonstrate an appreciation for tennis at the intercollegiate level

ATH225LD - TENNIS, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of tennis in preparation for the competitive season
- Demonstrate advanced techniques and skills of tennis

- Demonstrate good sportsmanship
- Demonstrate an appreciation for tennis at the intercollegiate level

ATH226L - TRACK AND FIELD, MEN

- The successful student will be able to apply the skills necessary to successfully compete in intercollegiate track and field and obtain and sustain a competitive level of physical fitness.
- The student will be able to demonstrate knowledge of basic rules, scoring, timing, and track and field etiquette.

ATH227LA - TRACK AND FIELD, MEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of track and field in preparation for the competitive season
- Demonstrate advanced techniques and skills of track and field
- Demonstrate good sportsmanship
- Develop an appreciation for track and field at the intercollegiate level

ATH227LB - TRACK AND FIELD, MEN, OFF-SEASON INTERCOLLEGIATE

- Students will demonstrate knowledge of rules and strategies of track and field.
- Students will demonstrate advanced training techniques and skills of track and field.
- Students will demonstrate good sportsmanship.
- Students will develop an appreciation for track and field at the intercollegiate level.

ATH227LC - TRACK AND FIELD, MEN, OFF-SEASON INTERCOLLEGIATE

- Students demonstrate knowledge of rules and strategies of track and field to prepare for intercollegiate competition.
- Students demonstrate advanced techniques and skills of track and field to prepare for intercollegiate competition.
- Students demonstrate good sportsmanship.
- Students develop an appreciation for track and field at the intercollegiate level.

ATH228L - TRACK AND FIELD, WOMEN

- The successful student will be able to apply the skills necessary to successfully compete in intercollegiate track and field and obtain and sustain a competitive level of physical fitness.
- The student will be able to demonstrate knowledge of basic rules, scoring, timing, and track and field etiquette.

ATH229LA - TRACK AND FIELD, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of track and field in preparation for the competitive season
- Demonstrate advanced techniques and skills of track and field
- Demonstrate good sportsmanship
- Demonstrate an appreciation for track and field at the intercollegiate level

ATH229LB - TRACK AND FIELD, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Students will demonstrate knowledge of rules and strategies of track and field.
- Students will demonstrate advanced training techniques and skills of track and field
- Students will demonstrate good sportsmanship
- Students will develop an appreciation for track and field at the intercollegiate level

ATH229LC - TRACK AND FIELD, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Students demonstrate knowledge of rules and strategies of track and field to prepare for intercollegiate competition.
- Students demonstrate advanced techniques and skills of track and field to prepare for intercollegiate competition.
- Students demonstrate good sportsmanship.
- Students develop an appreciation for track and field at the intercollegiate level.

ATH230L - VOLLEYBALL, WOMEN

- Students demonstrate knowledge of rules and strategies of volleyball.
- Students demonstrate advanced techniques and skills of volleyball.

- Students demonstrate good sportsmanship.
- Students develop an appreciation for volleyball at the intercollegiate level.

ATH231LA - VOLLEYBALL, WOMEN, OFF-SEASON INTERCOLLEGIATE

- The student will be able to demonstrate the footwork necessary for attacking, jump serving, blocking, defensive and offensive transition.
- The student will be able to analyze individual technique and statistical information.

ATH231LC - VOLLEYBALL, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate knowledge of rules and strategies of volleyball in preparation for the competitive season
- Demonstrate advanced techniques and skills of volleyball in preparation for the competitive season
- Demonstrate good sportsmanship
- Develop an appreciation for volleyball at the intercollegiate level

ATH232L - WATER POLO, MEN

- Students demonstrate knowledge of rules and strategies of water polo.
- Students demonstrate advanced techniques and skills of water polo.
- Students demonstrate good sportsmanship.
- Students develop an appreciation for water polo at the intercollegiate level.

ATH233LA - WATER POLO, MEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate the skills of advanced team water polo in preparation for the competitive season
- Relate the rules of the game, advanced strategy and techniques in preparation for the competitive season
- Demonstrate good sportsmanship and etiquette
- Develop physical and mental skills in preparation for the competitive season

ATH233LB - WATER POLO, MEN, OFF-SEASON INTERCOLLEGIATE

- The student will be able to demonstrate water polo techniques including dribbling, wet passing, dry passing, wet shooting, dry shooting, defending, fouling, driving, and setting the post.
- The student will be able to execute defense and fast break opportunities.
- The student will be able to understand and attempt offense for player advantage and defense for player disadvantage.

ATH233LC - WATER POLO, MEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate the skills of advanced team water polo in preparation for the competitive season
- Relate the rules of the game, advanced strategy and techniques in preparation for the competitive season
- Demonstrate good sportsmanship and etiquette
- Develop physical and mental skills in preparation for the competitive season

ATH234L - WATER POLO, WOMEN

- Students demonstrate knowledge of rules and strategies of water polo.
- Students demonstrate advanced techniques and skills of water polo.
- Students demonstrate good sportsmanship.
- Students develop an appreciation for water polo at the intercollegiate level.

ATH235LA - WATER POLO, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate the skills of advanced team water polo in preparation for the competitive season
- Relate the rules of the game, advanced strategy, and techniques in preparation for the competitive season
- Demonstrate good sportsmanship and etiquette
- Develop physical and mental skills in preparation for the competitive season

ATH235LB - WATER POLO, WOMEN, OFF-SEASON INTERCOLLEGIATE

- The student will be able to demonstrate water polo techniques including dribbling, wet passing, dry passing, wet shooting, dry shooting, defending, fouling, driving, and setting the post.

- The student will be able to execute defense and fast break opportunities.
- The student will be able to understand and attempt offense for player advantage and defense for player disadvantage.

ATH235LC - WATER POLO, WOMEN, OFF-SEASON INTERCOLLEGIATE

- Demonstrate the skills of advanced team water polo in preparation for the competitive season
- Relate the rules of the game, advanced strategy, and techniques in preparation for the competitive season
- Demonstrate good sportsmanship and etiquette
- Develop physical and mental skills in preparation for the competitive season

ATH235LD - Water Polo, Women, Off Season Intercollegiate

- The student will be able to demonstrate water polo techniques including dribbling, wet passing, dry passing, wet shooting, dry shooting, defending, fouling, driving, and setting the post.
- The student will be able to execute defense and fast break opportunities.
- The student will be able to understand and attempt offense for player advantage and defense for player disadvantage.

ATH236L - Wrestling, Men

- Students demonstrate advanced techniques and skills of wrestling.
- Students demonstrate good sportsmanship.
- Students demonstrate knowledge of rules and strategies of wrestling.
- Students develop an appreciation for wrestling at the intercollegiate level.

ATH237LA - Wrestling, Men, Off Season Intercollegiate

- Demonstrate knowledge of rules and strategies of wrestling in preparation for the competitive season
- Demonstrate advanced techniques and skills of wrestling in preparation for the competitive season
- Demonstrate good sportsmanship
- Develop an appreciation for wrestling at the intercollegiate level

ATH237LB - WRESTLING, MEN, OFF-SEASON INTERCOLLEGIATE

- The successful student will be able to demonstrate three take downs from the standing or neutral position; double leg, single leg and high crotch; also three pinning combinations; half nelson, chicken wing and cross face cradle and lastly reversals and escapes; sit out, stand up and granby roll.
- The student will be able to demonstrate knowledge of basic rules, scoring, and wrestling etiquette.

ATH237LC - Wrestling, Men, Off Season Intercollegiate

- The successful student will be able to demonstrate three take downs from the standing or neutral position; double leg, single leg and high crotch; also three pinning combinations; half nelson, chicken wing and cross face cradle and lastly reversals and escapes; sit out, stand up and granby roll.
- The student will be able to demonstrate knowledge of basic rules, scoring, and wrestling etiquette.

ATH240 - Cheerleading

- Perform correct techniques and skills of cheerleading components
- Explain knowledge of safety rules
- Display knowledge of positive leadership skills
- Perform routines for large college events

ATH241 - Cheerleading, Off-Season

- Demonstrate techniques and skills of cheerleading
- Compare and contrast performance test goals and results
- Develop and understand proper nutrition for athletes
- Apply the training principles for off-season cheer

ATH242 - Cheerleading Competition

- Demonstrate knowledge of basic tumbling skills.
- Apply safety rules and techniques.

- Perform dance and stunting routines with technical execution and performance artistry.
- Implement proper body conditioning methods.