

# SLO Presentation

KIN

Date: 09/11/2019

<b>HEALTH, PHYS ED, ATHLETICS, DANCE</b>
<b>KIN</b>
<b>Athletic Trainer Aide--Cert</b> <ul style="list-style-type: none"><li>• Student value the use of and select and conduct appropriate, safe and effective fitness assessments and health risk appraisals. (KIN 104, KIN 202, KIN 203)</li><li>• Students demonstrate the use of appropriate immobilization, protection and taping techniques for common athletic injuries. (KIN 102, KIN 207)</li><li>• Students describe tissue properties and demonstrate an understanding of chemical and cellular basis of physiology especially how it applies to tissue healing and the energy systems. (AP 120, KIN 104, KIN 203, KIN 206)</li><li>• Students display proficiency in basic emergency procedures, emergency action plans for specific venues/situation, and Cardiopulmonary Resuscitation. (HED 110, KIN 102)</li><li>• Students evaluate athletic injuries displaying the ability to assess joint range of motion, conduct manual muscle testing, and neurologic exams. (KIN 102, KIN 206)</li><li>• Students identify the major muscles in the body and state the actions of these muscles. Determine appropriate movements to condition these major muscles.(AP 120, KIN 203, KIN 206)</li><li>• Students illustrate the ability to apply appropriate knowledge in the work environment and utilize professional and medical terminology when describing human anatomy, physiology, injuries, and rehabilitation. (KIN 271B, BA 100)</li><li>• Students interpret fitness assessment results as well as health and fitness history questionnaires to be utilize in the development of appropriate exercise prescriptions for various types of individuals and as it applies to reconditioning for return to activity. (KIN 104, KIN 202, KIN 203)</li></ul>
<b>Exercise Science: Athletic Training--AA</b> <ul style="list-style-type: none"><li>• Student value the use of and select and conduct appropriate, safe and effective fitness assessments and health risk appraisals. (KIN 104, KIN 202, KIN 203)</li><li>• Students demonstrate basic proficiency in various fitness and/or sport related activities.</li><li>• Students demonstrate the use of appropriate immobilization, protection and taping techniques for common athletic injuries. (KIN 102, KIN 207)</li><li>• Students describe tissue properties and demonstrate an understanding of chemical and cellular basis of physiology especially how it applies to tissue healing and the energy systems. (AP 120, KIN 104, KIN 203, KIN 206)</li><li>• Students display proficiency in basic emergency procedures, emergency action plans for specific venues/situation, and Cardiopulmonary Resuscitation. (HED 110, KIN 102)</li><li>• Students display skills in writing and research with preparedness for transfer and national certification in fitness.</li><li>• Students evaluate athletic injuries displaying the ability to assess joint range of motion, conduct manual muscle testing, and neurologic exams. (KIN 102, KIN 206)</li><li>• Students identify the major muscles in the body and state the actions of these muscles. Determine appropriate movements to condition these major muscles.(AP 120, KIN 203, KIN 206)</li><li>• Students illustrate the ability to apply appropriate knowledge in the work environment and utilize professional and medical terminology when describing human anatomy, physiology, injuries, and rehabilitation. (KIN 271B, MA 161)</li><li>• Students interpret fitness assessment results as well as health and fitness history questionnaires to be utilize in the development of appropriate exercise prescriptions for various types of individuals and as it applies to reconditioning for return to activity. (KIN 104, KIN 202, KIN 203)</li></ul>
<b>Exercise Science: Fitness Specialist--AA</b> <ul style="list-style-type: none"><li>• Students demonstrate an understanding of chemical and cellular basis of physiology especially how it applies to the energy systems. (AP 120, KIN 104, KIN 203)</li><li>• Student recognize the importance of proper nutrition, the impact nutrition has on exercise and sport performance, and the function of nutrition for overall health. (KIN 104, HED 200)</li><li>• Student value the use of and select and conduct appropriate, safe and effective fitness assessments and health risk appraisals. (KIN 104, KIN 202, KIN 203)</li><li>• Students demonstrate an understanding of sport and exercise safety, injury prevention, and basic injury treatment. (HED 110, KIN 102)</li><li>• Students demonstrate basic proficiency in various fitness and/or sport related activities.</li><li>• Students display proficiency in basic emergency procedures and Cardiopulmonary Resuscitation. (HED 110, KIN 102)</li><li>• Students display skills in writing and research with preparedness for transfer and national certification in fitness.</li></ul>

- Students identify the major muscles in the body and state the actions of these muscles. Determine appropriate movements to condition these major muscles.(AP 120, KIN 203, KIN 206)
- Students illustrate the ability to apply appropriate knowledge in the work environment and identify the business aspects of the Fitness Industry. (KIN 271B, BA 100)
- The students interpret fitness assessment results as well as health and fitness history questionnaires to be utilize in the development of appropriate exercise prescriptions for various types of individuals. (KIN 104, KIN 202, KIN 203)

### **Fitness Specialist--Cert**

- Students illustrate the ability to apply appropriate knowledge in the work environment and identify the business aspects of the Fitness Industry. (KIN 271B, BA 100)
- Student value the use of and select and conduct appropriate, safe and effective fitness assessments and health risk appraisals. (KIN 104, KIN 202, KIN 203)
- Students recognize the importance of proper nutrition, the impact nutrition has on exercise and sport performance, and the function of nutrition for overall health. (KIN 104, HED 200)
- Students display proficiency in basic emergency procedures and Cardiopulmonary Resuscitation. (HED 110, KIN 102)
- Students identify the major muscles in the body and state the actions of these muscles. Determine appropriate movements to condition these major muscles.(AP 120, KIN 203, KIN 206)
- Students interpret fitness assessment results as well as health and fitness history questionnaires to be utilize in the development of appropriate exercise prescriptions for various types of individuals. (KIN 104, KIN 202, KIN 203)
- Students demonstrate an understanding of chemical and cellular basis of physiology especially how it applies to the energy systems. (AP 120, KIN 104, KIN 203)
- Students demonstrate an understanding of sport and exercise safety, injury prevention, and basic injury treatment. (HED 110, KIN 102)

### **Kinesiology--AAT**

- Student identify and/or explain the benefits of physical activity as related to overall health and wellness. (KIN 100, A&P 150, A&P 151, Movement Base Courses, HED 110)
- Student identify structures and functions related to the major systems in the body (i.e. skeletal system, major muscle in the body, organs in the body). (KIN 100, A&P 150, A&P 151, Movement Base Courses)
- Students apply theoretical and scientific knowledge from the subdisciplines in kinesiology. (KIN 100)
- Students demonstrate proficiency in the execution of the motor/sport skills appropriate to the specific activities completed. (Movement Based Courses)
- Students describe the role of Kinesiology as an academic discipline and recognize the importance of the historical development of physical education and sport in our society. (KIN 100)
- Students display professionalism and communication/presentation skills (written, oral, and kinesthetic) with preparedness for transfer. (KIN 100, A&P 150, A&P 151, Movement Base Courses, HED 110)

### **CSLO**

#### **KIN100 - INTRODUCTION TO KINESIOLOGY**

- Students apply the different areas of kinesiology to sport.
- Students discuss the basic concepts of kinesiology, including terms and philosophy.
- Students evaluate the different career opportunities related to professions in the field of kinesiology.
- Students recognize the importance of the historical development of physical education and sport in our society.
- Students question how sport performance and physical activity participation are influenced by emotions, thoughts, and behaviors.

#### **KIN102 - INTRODUCTION TO ATHLETIC TRAINING**

- Students demonstrate knowledge of tissue healing.
- Students demonstrate knowledge of the mechanism of injuries.
- Students demonstrate knowledge of the use of modalities in the rehabilitation of injuries.
- Students demonstrate the ability to tape an ankle.

#### **KIN104 - FITNESS AND WELLNESS**

- Students understand why all 5 components of fitness are important for health and quality of life.
- Students understand the basic principle of overload and how to apply this principle when developing and exercise plan.
- Students understand the basic principle of progression and how to apply this principle when developing an exercise plan.
- Students demonstrate the ability to measure the 5 components of fitness.
- Students demonstrate safe and effective ways of exercising.

**KIN106 - STUDENT ATHLETES IN SOCIETY**

- Students discuss one psychological issue related to sport.
- Students discuss one sociological issue related to sport.

**KIN108 - WOMEN IN SPORTS**

- Students identify the three parts of the Title IX definition.
- Students describe a visionary woman who worked for equality in women's sports.
- Students describe damages that occur as a result of discrimination against lesbian athletes.
- Students define the Female Athlete Triad.

**KIN110 - Community First Aid and CPR**

- A. Demonstrate the ability to perform CPR for adult, child, and infant
- B. Demonstrate proper use of AED
- C. Demonstrate the skills necessary to effectively control bleeding
- D. Demonstrate splinting techniques for bone, muscle and joint injuries

**KIN120 - SPORTS OFFICIATING FOR FOOTBALL**

- Be able to define a group of basic rules and regulations
- Understand codes of conduct

**KIN122 - SPORTS OFFICIATING FOR BASEBALL**

- A proficient student will be able to demonstrate knowledge of the officiating rules of baseball.
- Demonstrate an understanding of the codes of conduct in baseball

**KIN123 - SPORTS OFFICIATING FOR MEN'S AND WOMEN'S TRACK AND FIELD**

- Demonstrate knowledge of the officiating rules of track and field and cross country
- Demonstrate knowledge of the technique of officiating

**KIN130 - THEORY OF COACHING**

- Students design one two-hour practice session for their sport.
- Students define the components and importance of a warm-up.
- Students write team rules and a code of conduct for their team.
- Students construct an athlete technique evaluation form for their sport.

**KIN131 - THEORY OF COACHING BASEBALL**

- Students demonstrate an understanding of the coaching techniques for basic skills of baseball.
- Students demonstrate an understanding of codes of conduct.
- Students apply the principles of physical and mental preparation in a practice setting.
- Students demonstrate knowledge of a proper warm up schedule.

**KIN132 - THEORY OF COACHING SOFTBALL**

- Demonstrate an understanding of the coaching techniques for basic skills of softball
- Demonstrate knowledge of a basic warm up routine
- Show and understanding of the codes of conduct
- Demonstrate knowledge of conflict resolution

**KIN133 - THEORY OF TRACK AND FIELD**

- Demonstrate knowledge of basic coaching fundamentals for one track event
- Demonstrate knowledge of basic coaching fundamentals for one field event
- Demonstrate knowledge of organization of a track meet

**KIN134 - THEORY OF FOOTBALL**

- Students demonstrate knowledge of responsibilities for specific offensive and defensive positions in football such as quarterback, running back, defensive line, and backs.
- Students demonstrate knowledge of rules of football.
- Students demonstrate knowledge of basic running and blocking schemes for football.

#### **KIN200 - SPORTS PSYCHOLOGY**

- Students demonstrate an understanding on how to motivate athletes.
- Students recognize psychological issues related to sports.
- Students analyze and handle aggressive athletes.
- Students describe techniques for anxiety management.
- Students demonstrate knowledge of disciplinary actions toward student athletes.
- Students demonstrate knowledge for how to improve psychological skills.

#### **KIN202 - MEASUREMENT AND INTERPRETATION OF FITNESS**

- Students demonstrate an understanding and value the pre-screening steps necessary to ensure participant safety and for liability protection.
- Students demonstrate an understanding of how to follow and conduct fitness assessment protocols.
- Students demonstrate an understanding of the meaning of fitness assessment results.
- Students demonstrate the ability to select appropriate fitness assessment techniques based on participant individuality.

#### **KIN203 - PROGRAMS AND PRINCIPLES OF CONDITIONING**

- Students evaluate and interpret health screening tools and risk classifications.
- Students apply the basic principles of exercise prescription.
- Students recognize and value safe and effective exercise techniques.
- Students modify exercise prescription techniques for different goals or populations.

#### **KIN205 - Anatomical Movement Analysis**

- A. Identify and describe movements and attachment sites of major muscle groups of the body
- B. Discuss and describe the various joint structures of the body
- C. Summarize the process of muscular contraction
- D. Analyze and employ human physical performance through kinesiological knowledge

#### **KIN206 - ATHLETIC INJURY ASSESSMENT AND RECONDITIONING**

- Students demonstrate the ability to assess joint range of motion, manual muscle testing, and a neurologic exam.
- Students design a written reconditioning program for an athletic injury which would include proper use of modalities and progressive exercises.
- Students demonstrate the ability to properly evaluate various athletic injuries.
- Students describe tissue properties.
- Students define open and closed kinetic chain exercises.

#### **KIN206A - Lower Extremity Injury Assessment and Reconditioning**

- A. Demonstrate the ability to perform a lower extremity injury evaluation, including history, observation, palpations, and special tests
- B. Design a reconditioning program for a lower extremity injury, which would include proper use of modalities and progressive exercises
- C. Demonstrate the ability to assess range of motion and manual muscle testing
- D. Demonstrate stretching techniques to improve range of motion

#### **KIN206B - Upper Extremity Injury Assessment and Reconditioning**

- A. Demonstrate the ability to perform an upper extremity injury evaluation, including history, observation, palpations, and special tests
- B. Design a reconditioning program for an upper extremity injury, which would include proper use of modalities and progressive exercises

- C. Demonstrate the ability to assess range of motion and manual muscle testing
- D. Demonstrate stretching techniques to improve range of motion

#### **KIN207 - ATHLETIC INJURY TAPING, BANDAGING AND IMMOBILIZATION**

- Students demonstrate proper immobilization of injuries
- Students demonstrate protection of an injury with padding and elastic wrapping
- Students demonstrate taping of an ankle, knee, wrist, thumb, finger, and elbow

#### **KIN210 - LEADERSHIP: THEORY AND PRACTICE FOR THE FITNESS PROFESSIONAL**

- Demonstrate the skills necessary to facilitate and lead a class discussion
- Define the different styles of fitness leadership
- Describe the benefits of effective leadership
- Demonstrate a knowledge of self-assessments
- Describe the dysfunctional aspects of leadership for the fitness leader

#### **KIN211 - Sport Management**

- Discuss the social, political, and economic significance of sport in our society
- Identify key athletic administrative personnel within intercollegiate athletic departments
- Analyze the value of consumer loyalty
- Describe the major revenue sources for a professional sport team
- Describe the business structures of sport organizations
- Recognize the necessary steps in managing a facility

#### **KIN271A - OCCUPATIONAL WORK EXPERIENCE IN ATHLETIC TRAINING**

- Students will utilize the academic knowledge they have learned in an applied setting learning specific skills to be successful in the work environment.

#### **KIN271B - OCCUPATIONAL WORK EXPERIENCE IN FITNESS**

- Students will be able to utilize the academic knowledge they have learned in an applied setting learning specific skills to be successful in the work environment.