

SLO Presentation

PEX

Date: 09/11/2019

HEALTH, PHYS ED, ATHLETICS, DANCE
PEX
Physical Education--AA <ul style="list-style-type: none">• Students demonstrate the four major strokes used in competitive swimming.• Students differentiate the various academic discipline within the field of physical education.• Students evaluate a basic performance in individual team sports.• Students identify the elements of a comprehensive fitness plan.• Students recognize rules and strategies for various individual and team sports.
CSLO
PEX - 100 - Sedentary Activities for Students with Disabilities <ul style="list-style-type: none">• Students describe or demonstrate appropriate sedentary activities according to ability."• Students develop an individualized program using appropriate sedentary activities
PEX - 102 - Adapted Cardiovascular Exercises <ul style="list-style-type: none">• Students demonstrate ability to measure exercise heart rate.• Students describe or demonstrate an appropriate cardiovascular exercise program according to ability.
PEX - 103 - Adapted Strength Training <ul style="list-style-type: none">• Students describe benefits of strength training according to ability.• Students describe or demonstrate an appropriate strength training program according to ability.
PEX - 104 - Adapted Stretching and Relaxation <ul style="list-style-type: none">• Students demonstrate a knowledge of safety precautions when stretching.• Students develop an individual stretching program that utilizes specialized technique.
PEX - 110 - Aerobic Activities <ul style="list-style-type: none">• Students demonstrate an understanding of fitness assessment.• Students demonstrate improvement in the 5 components of fitness by comparison of pre and post fitness assessments.• Students demonstrate proper body mechanics and exercise techniques.
PEX - 112 - Step Aerobics <ul style="list-style-type: none">• Students demonstrate improvement in cardiovascular fitness.• Students demonstrate improvement in flexibility.• Students demonstrate improvement in muscular fitness.
PEX - 116 - Water Aerobics <ul style="list-style-type: none">• A. Understand and apply the use of target heart rate• B. Analyze the benefits of aerobic water conditioning
PEX - 119 - Basic Training and Physical Conditioning <ul style="list-style-type: none">• Students demonstrate improvement in cardiovascular fitness.• Students understand the correct techniques of training for cardiorespiratory endurance, agility, core stabilization, flexibility and power.
PEX - 126 - Physical Fitness Training <ul style="list-style-type: none">• Students analyze the correlation between the intensity level of their heart rate during workouts and their own improvement in the cardiovascular endurance test results.

- Students evaluate the relationship between their weight loss and their increased workload as recorded in their daily log.
- Students synthesize multiple training categories in the development of a training plan targeting heart rate, body composition and balance.

PEX - 130 - Weight Management

- Students demonstrate knowledge of effective weight management strategies.
- Students design and implement a fitness program emphasizing weight management.

PEX - 134 - Body Sculpting

- Students demonstrate a basic understanding of the muscular system.
- Students demonstrate proper techniques for exercising using hand weights.
- Students demonstrate proper techniques for training the core muscles.

PEX - 136 - Stretching and Relaxation

- Students demonstrate breathing techniques necessary for relaxation and effective stretch performance.
- Students demonstrate knowledge of a variety of stretches for specific parts of the body.
- Students develop an individualized program.

PEX - 138 - Walking for Fitness

- Students demonstrate an improvement in cardiovascular endurance.
- Students demonstrate an understanding of exercise heart rate.

PEX - 141 - Jogging for Fitness, Beginning

- Students demonstrate a proper warm up for jogging.
- Students describe the difference between splits and interval workouts.

PEX - 145 - Circuit Weight Training, Beginning

- Students demonstrate a 20% increase in muscle strength of the lower body.
- Students demonstrate a 20% increase in muscle strength of the upper body.

PEX - 147 - Personal Self Defense

- Students demonstrate proper ready position and physical defense techniques for a front attack.
- Students list strategies for staying safe on a date.

PEX - 149 - Tae Kwon Do, Beginning

- Students demonstrate improvement in strength, endurance, and flexibility.
- Students demonstrate Tae Kwon Do basic techniques with proficiency.

PEX - 161 - Badminton, Beginning

- Students diagram two game strategies for court movement.
- Students identify six badminton strokes.

PEX - 163 - Baseball, Beginning

- Students demonstrate basic techniques for baseball.
- Students demonstrate knowledge of the rules of baseball.

PEX - 165 - Basketball, Novice

- Students demonstrate an understanding of basic rules of basketball and demonstrate legal dribbling, pivot, and jump stop techniques.
- Students demonstrate improved basic skills of basketball which include dribbling, passing and shooting.
- Students develop the correct technique to dribbling a basketball with each hand.

PEX - 166 - Basketball, Beginning

- Students demonstrate the ability to perform a lay-up.
- Students demonstrate the basics of shooting form.
- Students demonstrate the basics of the chest, bounce and overhead pass.

PEX - 167 - Bowling, Beginning

- Students analyze the four step approach and identify basic faults.
- Students understand and apply basic safety principles and bowling etiquette while participating in simulated league play.

PEX - 169 - Song Unit

- Students demonstrate techniques of entertaining and encouraging large groups at college events.
- Students perform basic dance and song leading routines with technical execution and performance artistry.

PEX - 176 - Golf, Beginning

- Students demonstrate a sound, fundamental swing.
- Students demonstrate basic fundamentals of chipping and pitching

PEX - 178 - Soccer, Beginning

- Students demonstrate knowledge of rules of soccer.
- Students demonstrate basic skills of soccer including kicking, passing, heading, dribbling, shooting, and throw ins.

PEX - 179 - Soccer, Fitness and Technique

- Students demonstrate improved skill development in soccer.
- Students demonstrate improvement in soccer fitness tests.

PEX - 184 - Swimming, Novice

- Students demonstrate the fundamental techniques of floating and treading water.
- Students understand and apply the importance of water safety.

PEX - 185 - Swimming, Beginning

- Students demonstrate the back crawl (back stroke)
- Students demonstrate the front crawl (freestyle)
- Students tread water in the deep end of the pool for one minute.

PEX - 188 - Tennis, Introduction

- Students demonstrate an understanding for rules of tennis.
- Students demonstrate basic racquet grips.
- Students demonstrate basic tennis strokes including forehand, backhand, and serve.

PEX - 189 - Tennis, Beginning

- Students demonstrate knowledge of tennis scoring.
- Students demonstrate overhead strokes.
- Students demonstrate volley and half volley.

PEX - 191 - VolleyBall, Introduction

- Students demonstrate an understanding about basic rules of volleyball.
- Students demonstrate the basic skills of volleyball such as passing, setting, hitting and serving under controlled conditions.

PEX - 192 - Volleyball, Beginning

- Students demonstrate correct footwork on approach to hitting a volleyball.
- Students demonstrate forearm pass using good form and accuracy to target.
- Students demonstrate front set using good form and accuracy to target

PEX - 240 - Jogging for Fitness, Intermediate

- Students define the overload principles using jogging examples from their increases in weekly mileage logs.
- Students demonstrate correct technique for running mechanics used in class drills.
- Students describe the purpose of speed-play.
- Students explain a race plan for mile splits.

PEX - 245 - Circuit Weight Training, Intermediate/Advanced

- Students demonstrate a 10% increase in muscle strength of the lower body.
- Students demonstrate a 10% increase in muscle strength of the upper body.

PEX - 249 - Tae Kwon Do, Intermediate/Advanced

- Students demonstrate improvement in strength, endurance, and flexibility.
- Students demonstrate proper etiquette.
- Students demonstrate self defense combinations.
- Students demonstrate Tae Kwon Do intermediate/advanced techniques with proficiency.

PEX - 263 - Baseball, Intermediate/Adv

- Students demonstrate intermediate/advanced techniques for baseball.
- Students demonstrate knowledge of defensive skills.
- Students demonstrate knowledge of playing specific positions on the field.

PEX - 266 - Basketball, Advanced

- Students demonstrate a zone press break.
- Students demonstrate and understand the concept of the 5 man passing game.
- Students demonstrate improved advanced skills of basketball enabling them to perform in a more organized team concept in class games.
- Students demonstrate proper understanding of how to use and defend the pick and roll in a game situation.
- Students develop and demonstrate proper use of the drag and spin dribble maneuvers.
- Students execute and demonstrate a 2-2-1 full court press.
- Students understand weak side defense.

PEX - 276 - Golf, Intermediate/Advanced

- Students demonstrate ability to select correct golf clubs during play.
- Students demonstrate knowledge of the rules of golf.
- Students demonstrate skills used in advanced golf.

PEX - 278 - Soccer, Intermediate/Advanced

- Students demonstrate basic knowledge of systems of play.
- Students demonstrate basic knowledge of tactics and strategy.
- Students demonstrate increased proficiency in progressive skills of soccer.

PEX - 284 - Swimming, Intermediate

- Students create a swim workout of 2,000 yards.
- Students demonstrate how to do a flip turn.
- Students use the pace clock for interval training.
- Students will be able to swim non-stop for 15 minutes.

PEX - 285 - Swimming, Advanced

- Students demonstrate water entry techniques in the deep end.
- Students perform all the four swim strokes covered (butterfly, backstroke, breaststroke, freestyle)
- Students tread water in the deep end of the pool for fifteen minutes.
- Students will be able to swim non-stop for five minutes.

PEX - 288 - Tennis, Intermediate

- Students demonstrate more advanced skills such as lob shots.
- Students demonstrate more proficiency in performing basic skills.

PEX - 289 - Tennis, Advanced

- Students demonstrate ability to return ball consistently.
- Students demonstrate knowledge of doubles strategy.
- Students demonstrate knowledge of scoring and etiquette for a three-set match.
- Students demonstrate proficiency in advanced skills in tennis.

PEX - 291 - Volleyball, Intermediate

- Students demonstrate ability to hit volleyball during game situations.
- Students demonstrate ability to pass and set with accuracy in game situations.
- Students demonstrate fundamentals of blocking.
- Students demonstrate good technique and accuracy in serving.

PEX - 292 - Volleyball, Advanced

- Students demonstrate ability to adjust to set when hitting a volleyball.
- Students demonstrate ability to diagram serve receive patterns.
- Students demonstrate ability to transition from defense to offense.
- Students demonstrate advanced level of accuracy in passing and setting.

PEX100A - Adapted Independent Exercise

- According to ability, students will describe or demonstrate appropriate exercises for themselves
- According to ability and with the assistance of the instructor, students will develop an individualized exercise program using appropriate exercises for themselves

PEX101 - Wheelchair Activities

- According to ability, students will be able to demonstrate participation in adapted wheelchair activities by the end of the semester.
- According to ability, students will demonstrate knowledge of rules for adapted sports games.

PEX103A - Adapted Circuit Weight Training

- According to ability, students will be able to describe the benefits of participating in a weight circuit training class
- According to ability, students will be able to describe or demonstrate and appropriate weight training circuit for themselves

PEX105 - Adapted Swimming

- Students describe or demonstrate an appropriate swimming program according to their ability.
- Students demonstrate basic water safety rules and skills according to their ability.

PEX106 - Adapted Aquatic Exercise

- A. Describe or demonstrate an appropriate adapted exercise program according to ability
- B. Demonstrates basic water safety rules according to ability

PEX106A - Adapted Aquatic Group Fitness

- Demonstrate a knowledge of safety precautions when doing aquatic cardiovascular, strength, and flexibility exercises
- Demonstrate proper body mechanics and exercise techniques
- According to ability, students will describe the benefits of aquatic cardiovascular, strength, and flexibility exercises

PEX107A - Adapted Soccer

- According to ability, students will learn the rules, positions, and skills to play full size games, short field games, and power soccer
- According to ability, students will demonstrate basic skills of soccer including kicking, passing, dribbling, shooting, and throw ins

PEX108 - Adapted Individual Sports

- Demonstrate participation in adapted tennis and bowling activities and matches
- Demonstrate proper safety techniques related to bowling
- Demonstrate proper safety techniques related to tennis
- Demonstrate proper warm-up technique

PEX109 - Adapted Group Fitness

- According to ability, students will be able to describe the benefits of participating in a group fitness class
- According to ability, students will be able to describe or demonstrate and appropriate exercise progressions for themselves

PEX113 - Zumba

- Demonstrate the six basic dance rhythms
- Identify ways to increase muscle strength, tone and flexibility
- Demonstrate a knowledge of Zumba dance fitness
- Understand the long-term benefits of cardiovascular exercise

PEX117 - Aqua Zumba

- Demonstrate the basic skills necessary to perform aqua Zumba
- Understand the basic principles of aqua Zumba training
- Understand the basic properties of water (temperature, buoyance, resistance, eddy/drag) and articulate the benefits of water exercise
- Identify ways to increase muscle strength, tone and flexibility

PEX118 - Triathlon Basics

- Students will be able to complete ½ mile swim, 10 mile bike ride and 2 mile run.

PEX120 - Cardio Kickboxing

- Explain the history and theory of Cardio Kickboxing/Muay Thai
- Explain the fundamentals and purpose for proper warm up, cool down and stretching
- Demonstrate effective offensive and defensive physical techniques from a standing combative position
- Recognize positions of advantage and disadvantage and implement various offensive and defensive techniques
- Apply practical combative techniques which can be advantageous in a Self Defense situation

PEX121 - High-Intensity Interval Training

- Describe improvement in cardiovascular fitness
- Develop workouts utilizing appropriate rest-work intervals
- Apply the overload principle in all workouts

PEX122 - Cross Fit Training and Functional Exercises

- Demonstrate improvement in cardiorespiratory fitness
- Demonstrate improvement in core strength and endurance
- Explain the correct techniques of training for cardiorespiratory endurance, agility, core stabilization, flexibility and power

PEX124 - Personal Fitness Program

- Students demonstrate improvements in the five components of fitness by comparison of pre and post fitness assessments.
- Students demonstrate an understanding of target heart rate.
- Students understand the principles of program development related to personal goals.

PEX135 - Ropes, Bands, and Suspension Training

- Describe the key principles in each component of fitness
- Explain correct techniques of training core stabilization, muscular strength and endurance, and flexibility for three suspension training exercises
- Discuss the appropriate and safe use of ropes, suspension trainer, and resistance bands
- Develop whole body workouts utilizing bands, ropes, and resistance trainers with muscle balance as a guiding principle.

PEX139 - Walking/Jogging For Fitness

- A. Describe the walk-jog transition strategies
- B. Calculate their personal Target Heart Rate
- C. Construct a progressive workout plan for walking and jogging

- D. Demonstrate correct technique for walking and jogging

PEX140 - Jogging Basics

- Students describe a complete warm up routine for preparatory jogging.
- Students describe proper jogging technique.

PEX142 - Group Treadmill and Cardio Machine Training

- Ability to develop a balanced circuit.
- Appreciation for the benefits of regular and proper exercise.
- Ability to understand the application of the Overload Principle and the Specificity Principle.
- Integrate components cardio machine use and circuit training into a lifelong pursuit of fitness and wellness.

PEX148 - Brazilian Jiu Jitsu

- Explain the history and theory of Brazilian Jiu Jitsu
- Explain the fundamentals and purpose for proper warm up, cool down and stretching
- Demonstrate effective offensive and defensive physical techniques from mount, rear mount, side mount, and guard
- Recognize positions of advantage and disadvantage and implement various control and passing techniques
- Apply practical combative techniques which can be advantageous in a Self Defense situation

PEX150 - Mixed Martial Arts

- A. Explain the history and theory of Brazilian MMA
- B. Explain the fundamentals and purpose for proper warm up, cool down and stretching
- C. Demonstrate effective offensive and defensive physical techniques from standing, mount, rear mount, side mount, and guard
- D. Recognize positions of advantage and disadvantage and implement various strikes, control and passing techniques
- E. Apply practical combative techniques which can be advantageous in a Self Defense situation

PEX151 - Yoga

- Students analyze and demonstrate yoga breathing, relaxation and meditation techniques.
- Students create a personalized 10-15 minute sequential yoga exercise plan.
- Students demonstrate yoga poses in standing, sitting, kneeling, supine, and prone.

PEX152 - Gentle Yoga

- Students perform restorative yoga poses with correct use of props such as belts and bolsters.
- Students perform various forms of breathing techniques and mediation.
- Students perform various forms of progressive relaxation.

PEX153 - Meditative – Yoga and Stress Reduction

- A. Analyze and demonstrate yoga breathing, relaxation and meditation techniques
- B. Demonstrate yoga poses in standing, sitting, kneeling, supine and prone
- C. Create a personalized yoga exercise and stress reduction plan

PEX155 - Piyo: Introduction to Pilates and Yoga

- Analyze and demonstrate yogic breathing, relaxation, and meditation and Pilates breathing and correct body alignment in mat exercises
- Demonstrate Yoga poses in standing, sitting, kneeling, supine, and prone and basic Level 1 Pilates mat exercises
- Create a personalized 10-15 minute sequential Yoga and Pilates plan

PEX156 - Pilates Conditioning

- Students demonstrate knowledge of basic Pilates mat exercises.
- Students develop their own individualized Pilates mat program using knowledge and experience from classroom instruction and participation.

PEX157 - Conditioning for Dancers

- Analyze and demonstrate dance conditioning exercises utilizing breathing techniques, focus, muscle control, and visualization practices
- Integrate Pilates principles with multiple dance conditioning modalities to enhance core strength, balance, focus, and concentration
- Create a personalized dance conditioning plan of 10-15 exercises

PEX162 - Badminton, Fitness, And Technique Training

- A. Construct a drill that incorporates a fitness component with a footwork drill
- B. Assemble and demonstrate three progressive footwork drills
- C. Diagram and demonstrate a movement sequence for two players using a series of six strokes
- D. Compare and analyze the technical pre-and post- tests results. Prepare a summary which explains the reasons for both pre- and post-test results

PEX171 - Cheerleading

- A. Recognize and perform basic cheerleading motions, jump techniques, and routines
- B. Demonstrate cheerleading skills through movement memorization, adequate rhythmic timing, and individual flexibility and strength
- C. Demonstrate clarity, precision, and voice projection with chants and cheers

PEX177 - Futsal - Indoor Soccer

- A. Demonstrate knowledge of rules for indoor soccer/futsal
- B. Demonstrate basic skills of soccer, including kicking, passing, heading, dribbling, shooting, and throw-ins

PEX181 - Softball

- Students demonstrate knowledge of rules of softball.
- Students demonstrate basic offensive skills of softball.
- Students demonstrate basic defensive skills of softball.

PEX194 - Wrestling, Beginning

- The students will pass a basic skills test and a safety test

PEX265 - Basketball, Intermediate

- Students demonstrate an understanding of how to correctly execute and on ball screen.
- Students demonstrate an understanding of the various ways to defend an on ball screen.
- Students develop and improve basic fundamentals of passing, dribbling, and shooting.

PEX271 - Stunting, Acrobatics & Tumbling

- A. Demonstrate acrobatic movements with proper technique, strength, and flexibility
- B. Demonstrate stunting and acrobatic techniques such as gymnastics
- C. Demonstrate implementation of stunts and acrobatics into a stunt routine

PEX274 - Football Training Techniques

- Students demonstrate proper form of exercises in weight training program.
- Students demonstrate max pound improvement in bench press.
- Students demonstrate max pound improvement in power clean.
- Students demonstrate max pound improvement in squat.
- Students demonstrate max pound improvement in incline press.

PEX281 - Softball, Intermed/Advan

- Students demonstrate knowledge of offensive skills required at the intercollegiate level.
- Students demonstrate knowledge of defensive skills required at the intercollegiate level.
- Students demonstrate knowledge of game scoring procedures and umpiring techniques.