

Student Learning Outcomes

Course: PE V01

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Swim 20 yard doing the front crawl and back crawl	Skills test
• Tread water for one minute	Skills test
• Swim 40 yards doing the elementary back stroke	Skills test

Student Learning Outcomes

Course: PE V02

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Swim 100 yards of front crawl and back crawl	Skills test
• Swim 50 yards of elementary backstroke	Skills test
• Swim 10 yards underwater	Skills test
• Tread water for 5 minute	Skill test
• Swim 800 yards, of any stroke, in less than 30 min	Timed test

Student Learning Outcomes

Course: PE V03

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Swim 100 yards of front crawl, back crawl, elementary backstroke, sidestroke, and breaststroke	Skills test
• Swim 1000 yards of any stroke in less than 20 min	Timed Skills test
• Swim 10 yards underwater	Skills test
• Tread water for 5 minutes and 1min using only legs	Skill test

Student Learning Outcomes

Course: PE V04

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Swim 100 yards of front crawl, back crawl, elementary backstroke, sidestroke, and breaststroke with increased technical proficiency	Skills test
• Swim 1000 yards of any stroke in less than 19 min	Timed Skills test
• Swim 12 yards underwater	Skills test

Student Learning Outcomes

Course: PE V06

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Swim 100 yards of front crawl, back crawl, elementary backstroke, sidestroke, and breaststroke	Skills test
• Swim 1000 yards of any stroke in less than 20 min	Timed Skills test
• Swim 10 yards underwater	Skills test
• Tread water for 5 minutes and 1min using only legs	Skill test

Student Learning Outcomes

Course: PEV07

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Show improvement in cardiovascular fitness 	Pre/post test
<ul style="list-style-type: none"> • Show increased muscular endurance and/or technical proficiency of the following strokes: <ul style="list-style-type: none"> ○ Front and back crawl ○ Breaststroke ○ Sidestroke ○ Elementary backstroke 	Pre/post test

Student Learning Outcomes

Course: PE V 09

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Execute: <ul style="list-style-type: none"> ○ Basic swimming strokes ○ Offensive and Defensive positioning ○ Sound passing and catching technique ○ Fundamental shooting technique ○ Basic goal-tender position skills 	Skills test
<ul style="list-style-type: none"> • Recognize and execute: <ul style="list-style-type: none"> ○ Basic offensive systems ○ Basic defensive patterns ○ Strategy 	Written/Skills test
Pass a rules test	Written test

Student Learning Outcomes

Course: PE V12

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Perform exercises in the water to achieve improved cardiovascular fitness, muscular strength, endurance, and flexibility 	Skill test
<ul style="list-style-type: none"> • Identify weight management principles, basic physiology of exercise and the benefits of regular exercise 	Written test

Student Learning Outcomes

Course: PE V14

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Identify water safety procedures necessary for water exercise 	Skill test
<ul style="list-style-type: none"> • Analyze the results of pre-test and post-test to measure improvement in cardiovascular conditioning, flexibility, and strength 	Written test
<ul style="list-style-type: none"> • Develop a routine of advanced water exercise 	Skill test

Student Learning Outcomes
Course: PE V15

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> Identify water safety procedures necessary for water exercise 	Written test
<ul style="list-style-type: none"> Analyze the results of pre-test and post-test to measure improvement in cardiovascular conditioning, flexibility and strength 	Pre/Post test
<ul style="list-style-type: none"> Develop a routine of advanced water exercise to include times tests and lap swimming 	Skill test

Student Learning Outcomes
Course: PE V16

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> Demonstrate lifeguard technique in order to meet qualifying standards for the American Red Cross Lifeguard Training certification 	Written/Skill test
<ul style="list-style-type: none"> Demonstrate teaching technique in order to meet qualifying standards for the American Red Cross Water Safety Instructor certification 	Skill test
<ul style="list-style-type: none"> Provide First Aid and CPR at a professional rescuer level 	Written/Skill test

Student Learning Outcomes
Course: PE V17

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> Demonstrate lifeguard technique in order to meet qualifying standards for the American Red Cross Lifeguard Training certification 	Written/Skill test
<ul style="list-style-type: none"> Demonstrate speed, endurance, and rescue skills while performing equipment based rescue 	Skill test
<ul style="list-style-type: none"> Provide First Aid and CPR at a professional rescuer level 	Written/Skill test

Student Learning Outcomes
Course: PE V18

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> Demonstrate teaching technique in order to meet qualifying standards for the American Red Cross Water Safety Instructor certification 	Written/Skills test
<ul style="list-style-type: none"> Demonstrate how to complete lesson and block teaching plans 	Written test
<ul style="list-style-type: none"> Demonstrate teaching techniques for all related aquatic activities 	Skills test

Student Learning Outcomes
Course: PE 21

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> Achieve NAUI Scuba certification and safely scuba dive in open water 	NAUI Certification Skills and Written exam
<ul style="list-style-type: none"> Demonstrate the correct use of diving tables for scuba dive planning 	Written exam
<ul style="list-style-type: none"> Demonstrate basic dive safety techniques and first aid principles related to scuba diving 	Written exam

Student Learning Outcomes

Course: PE 21 L

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Demonstrate the basic laws of physics as applied to scuba diving	Skills test
• Demonstrate the scuba skills necessary for scuba diving safely	Skills test
• Demonstrate basic dive safety and first aid principles related to scuba diving	Skills test

Student Learning Outcomes

Course: PE 22

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Execute specific scuba dive planning procedures for a variety of diving environments	Written and skills tests
• Demonstrate rescue and first aid procedures related to scuba diving	Written and skills tests
• Demonstrate safe use and maintenance of scuba equipment	Written and skills test

Student Learning Outcomes

Course: PE V23

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Students will improve their cardio fitness by: Performing hiking exercises.	Pre/Post cardio endurance testing.
• Student will identify the principles of Physical Fitness.	Written test on the principles of physical fitness.
• Students will describe and demonstrate common first aid procedures.	Written and practical tests on first aid procedures.

Student Learning Outcomes

Course: PE V 31

Student outcomes: At the end of this course, the student should be able to:	Assessment
• demonstrate knowledge of assault prevention including: <ul style="list-style-type: none">○ assertiveness○ factors that relate to violence in society.○ prevention	Written exam
• perform self defense skills and techniques including: <ul style="list-style-type: none">○ Kicks○ Hand blows○ Blocks○ Releases	skills test
• Utilize appropriate responses to threatening situations	demonstration

Student Learning Outcomes

Course: PE V 32

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • apply the basic principles of Aikido as a means of self defense 	Demonstrate the basic skills
<ul style="list-style-type: none"> • apply the relationship between: <ul style="list-style-type: none"> ○ mind ○ body ○ and spirit to develop a calm state of mind 	Pre/post self assessment
<ul style="list-style-type: none"> • demonstrate Aikido skills of punches, kicks, fall, throws and footwork 	Skills test

Student Learning Outcomes

Course: PE V33

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Neutralize the attack of an opponent (suspect) 	Skills demonstration
<ul style="list-style-type: none"> • Perform the basic ju jutsu techniques including: <ul style="list-style-type: none"> ○ Throws ○ Punches ○ Control hold techniques ○ Blocks ○ searches 	Skills test

Student Learning Outcomes

Course: PE V34

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Neutralize the attack and control an opponent (suspect) using intermediate techniques 	Skills demonstration
<ul style="list-style-type: none"> • Perform the intermediate level ju jutsu skills including: <ul style="list-style-type: none"> ○ Intermediate level throws and punches ○ Falls ○ Intermediate level control hold techniques ○ Choke holds/releases ○ Intermediate level kicks 	Skills test

Student Learning Outcomes

Course: PE V 35

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • apply the basic principles of traditional karate and its use as a means of defense 	Demonstration
<ul style="list-style-type: none"> • perform the proper techniques for karate skills including: <ul style="list-style-type: none"> ○ Stance ○ Blocks ○ Punches ○ Strikes ○ And kicks 	Skills test

Student Learning Outcomes
Course: PE V 36

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> Take their pulse to determine if they are exercising within their target heart rate zone 	Pre-post pulse
<ul style="list-style-type: none"> Use correct walking technique to prevent injuries 	Demonstration of technique
<ul style="list-style-type: none"> Improved cardiovascular fitness 	Pre/post cardio assessment

Student Learning Outcomes
Course: PE V37

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> Students will identify proper form and techniques to improve running technique. 	Demonstration of proper form during drills and workouts.
<ul style="list-style-type: none"> Students will identify the nutritional needs, injury prevention and physiology of running. 	Written test on nutrition, injury prevention, treatment, and benefits of running.
<ul style="list-style-type: none"> Students will perform necessary range of motion, warm-up and workout to improve the cardiovascular system. 	Demonstration of skills and pre/post physical tests.

Student Learning Outcomes
Course: PE V38

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> Students will apply principles and knowledge in the development of training schedule to improve skills. <ul style="list-style-type: none"> o 	Written logs, journal tracking the workouts.
<ul style="list-style-type: none"> Students will perform and apply techniques necessary for swimming, running and cycling. 	Demonstrate proper form, breathing and transitions necessary.
<ul style="list-style-type: none"> Students will identify: <ul style="list-style-type: none"> o Strategies o Psychological aspects of training and competing. 	Reading handouts and application of techniques.

Student Learning Outcomes

Course: PE V 39

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • apply the intermediate principles of traditional karate and demonstrate its use as a means of self defense 	Demonstration
<ul style="list-style-type: none"> • Students will utilize the proper intermediate level of techniques for: <ul style="list-style-type: none"> ○ Throws ○ Joint locks ○ Escapes ○ Stance ○ Blocks ○ Punches ○ Strikes ○ And kicks 	Skills test on intermediate techniques

Student Learning Outcomes

Course: PE V 41

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Utilize the proper weight lifting techniques to improve: <ul style="list-style-type: none"> ○ Muscular development ○ Endurance ○ Flexibility ○ And strength 	Pre/post test on muscular endurance and strength
<ul style="list-style-type: none"> • Identify: <ul style="list-style-type: none"> ○ The major muscles of the human body 	Written test

Student Learning Outcomes

Course: PE V43

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Utilize the super circuit and other cardiovascular machines and strength equipment to improve: <ul style="list-style-type: none"> ○ Cardio-respiratory endurance ○ Muscular strength and endurance ○ Flexibility 	Pre and Post fitness test
<ul style="list-style-type: none"> • Identify and understand: <ul style="list-style-type: none"> ○ major muscles of the human body ○ basic principles of weight management ○ basic principles of exercise physiology 	Written test

Student Learning Outcomes

Course: PE V 44

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Identify vital targets on the body 	Written test
<ul style="list-style-type: none"> • Perform: <ul style="list-style-type: none"> ○ Basic kicks ○ Punches ○ Blocks 	Skills test

Student Learning Outcomes

Course: PE V45

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Utilize the proper spinning techniques <ul style="list-style-type: none"> ○ Cardio-respiratory endurance training ○ Muscular strength and endurance training 	Demonstrate the proper bike set-up and riding techniques and protocol.
<ul style="list-style-type: none"> • Calculate their target heart rate to ensure training in the appropriate target heart range 	Complete and analyze target heart rate ranges.
<ul style="list-style-type: none"> • Demonstrate improvement in cardio-respiratory and muscular endurance 	Pre and post fitness testing

Student Learning Outcomes

Course: PE V46

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Utilize a variety of exercise modes and techniques to improve: <ul style="list-style-type: none"> ○ Muscular strength and endurance, flexibility and cardio-respiratory endurance 	Demonstration of exercise techniques
<ul style="list-style-type: none"> • Identify weight management principles, basic physiology of exercise and benefits of regular exercise. 	Written evaluations.

Student Learning Outcomes

Course: PE V 47

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Construct individual workout programs based on personal goals 	Submit written workout plan
<ul style="list-style-type: none"> • Utilize and monitor: <ul style="list-style-type: none"> ○ Cardiovascular fitness through exercise 	Pre/post pulse test
<ul style="list-style-type: none"> • Identify exercises which promote: <ul style="list-style-type: none"> ○ Muscular strength and endurance ○ Cardiovascular endurance ○ Flexibility 	Assessment testing & pre/post test

Student Learning Outcomes

Course: PE V48

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Perform step aerobic exercises to achieve muscular strength and muscular endurance and show improvement in cardiovascular fitness. 	Pre and post fitness testing
Execute the proper step aerobic exercises and routines	Demonstration of step routines

Student Learning Outcomes

Course: PE V 49

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Monitor cardiovascular fitness through the target heart range	Pulse rate checks
• Show improvement in physical fitness	Pre/post fitness testing
• Perform a variety of self defense kicks and punches	Skills demonstration

Student Learning Outcomes

Course: PE V50

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Utilize the cardiovascular equipment correctly	Demonstration
• Perform a proper warm-up and cool-down	Demonstration
• Show improvement in their cardiovascular condition	Pre/Post Fitness testing

Student Learning Outcomes

Course: PE V 51

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Execute the following basic shots: forehand, backhand, smash and serve.	Skills test
• Students will know the rules and etiquette of playing badminton	Written test

Student Learning Outcomes

Course: PE V52

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Execute the fundamental skills of bowling correctly.	Demonstration
• Keep score both manually and electronically.	Keep score using both systems.

Student Learning Outcomes

Course: PE V 53

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Demonstrate knowledge of golf rules and etiquette	Written exam
• Hit a golf ball using a driver using correct technique	Skills test
• Putt a golf ball on the green using a putter	Skills test

Student Learning Outcomes

Course: PE V54

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Execute the basic poses practiced in: <ul style="list-style-type: none">○ Yoga○ Pilates	Demonstration
• Identify the major muscle groups of the body and match exercises which work each muscle group:	Written test

Student Learning Outcomes

Course: PE V55

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Show improvement in physical fitness including the following components: <ul style="list-style-type: none"> ○ Cardio-respiratory endurance ○ Muscular strength and endurance ○ Flexibility 	Pre and Post fitness test
<ul style="list-style-type: none"> • Identify and understand: <ul style="list-style-type: none"> ○ major muscles of the human body ○ basic principles of weight management ○ basic principles of exercise physiology 	Written test
<ul style="list-style-type: none"> • Develop and implement an individualized exercise program based on sound principles of exercise physiology 	Project

Student Learning Outcomes

Course: PE V 56

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Describe: <ul style="list-style-type: none"> ○ Tennis Terminology ○ Rules of tennis ○ Tennis etiquette 	Written exams
<ul style="list-style-type: none"> • Hit a tennis ball using a: <ul style="list-style-type: none"> ○ Forehand ○ Backhand ○ Serve 	Skills test
<ul style="list-style-type: none"> • Keep a ball in play during a rally 	Demonstration

Student Learning Outcomes

Course: PE V57

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Demonstrate knowledge of strategy and tactics in both singles and doubles 	Written test
<ul style="list-style-type: none"> • Execute the following intermediate skills: <ul style="list-style-type: none"> ○ Lob ○ Serve for accuracy ○ Volley ○ Half-volley ○ Overhead smash 	Skills demonstration

Student Learning Outcomes

Course: PE V 58

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> ○ Participate in tennis competition ○ 	Participate in class tournaments
<ul style="list-style-type: none"> ○ Perform the following advanced tennis techniques: <ul style="list-style-type: none"> ○ Spin serve ○ Topspin lob ○ Topspin forehand with power ○ Drop shot 	Skills test

Student Learning Outcomes

Course: PE V59

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Students will identify: <ul style="list-style-type: none"> ○ Proper form ○ And techniques in various track and field events. 	Demonstration of practical skills needed in events. Practical testing of skills.
<ul style="list-style-type: none"> • Students will identify: <ul style="list-style-type: none"> ○ Nutritional needs ○ Injury prevention ○ Strategies needed for Track and Field Competition. 	Written test on rules of competition.

Student Learning Outcomes

Course: PE V60

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Perform basic poses practiced in yoga with correct alignment 	Demonstration
<ul style="list-style-type: none"> • Perform yoga flow combinations 	Demonstration
<ul style="list-style-type: none"> • Center and calm themselves through meditation and mindfulness techniques 	Individual subjective evaluation

Student Learning Outcomes

Course: PE V 61

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Understand and apply the rules and etiquette of the game of volleyball <ul style="list-style-type: none"> ○ 	Written exam
<ul style="list-style-type: none"> • Execute: <ul style="list-style-type: none"> ○ The overhand serve ○ Forearm pass ○ And basic spike 	Skills test

Student Learning Outcomes

Course: PE V 62

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Execute: <ul style="list-style-type: none"> ○ Floater serve ○ Forearm pass ○ Overhand set ○ Spike ○ Block 	Skills test
<ul style="list-style-type: none"> • Recognize and execute: <ul style="list-style-type: none"> ○ Basic offensive systems ○ Basic defensive patterns ○ Strategy 	Demonstration

Student Learning Outcomes

Course: PE V 63

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none">• Execute:<ul style="list-style-type: none">○ Floater serve and spin serve○ Overhand pass○ Overhand set○ Spike○ Block, Individual and double○ Tip○ Dig○ Dive	Skills test
<ul style="list-style-type: none">• Recognize and execute:<ul style="list-style-type: none">○ Advanced offensive systems○ Advanced defensive patterns○ Advanced Strategy	Demonstration

Student Learning Outcomes

Course: PE V 64

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none">• Understand and implement offensive and defensive softball strategy	Written test
<ul style="list-style-type: none">• Execute the following softball skills:<ul style="list-style-type: none">○ Throw○ Catch○ Bat○ Bunt	Skills test
Understand the rules of the game of softball	Written test

Student Learning Outcomes

Course: PE V 65

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none">• Execute the following beach volleyball skills including:<ul style="list-style-type: none">○ Forearm pass (bump)○ Dig○ Serve○ Basic offensive and defensive positioning	Skills test
<ul style="list-style-type: none">• Understand and implement:<ul style="list-style-type: none">○ Basic rules of beach volleyball○ Strategy of beach volleyball○ Etiquette of beach volleyball	Written exam

Student Learning Outcomes
 Course: PE V 66

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Execute the proper Tai Chi: <ul style="list-style-type: none"> ○ Postures ○ Stances ○ Transitions ○ Alignment 	Demonstration
<ul style="list-style-type: none"> • Perform the first set correctly 	Demonstration

Student Learning Outcomes
 Course: PE V 67

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Perform the following soccer skills: <ul style="list-style-type: none"> ○ Dribbling ○ Passing ○ Shooting ○ Individual defense 	Demonstration of soccer skills
<ul style="list-style-type: none"> • Understand and apply soccer strategy in a soccer match 	Demonstration

Student Learning Outcomes
 Course: PE V 69

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Demonstrate improvement in cardiovascular conditioning 	Pre/post fitness test
<ul style="list-style-type: none"> • Understand and execute basic offensive and defensive formations and plays 	Written test
<ul style="list-style-type: none"> • Show improvement in the following football skills: <ul style="list-style-type: none"> ○ Blocking ○ Tackling ○ Catching 	Skills test

Student Learning Outcomes
 Course: PE V70

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Execute the skills of basketball including: <ul style="list-style-type: none"> ○ Dribbling ○ Passing ○ Shooting ○ Blocking ○ Individual defense 	Skills test
<ul style="list-style-type: none"> • Understand and apply the rules of basketball in a game 	Written test

Student Learning Outcomes
Course: PE V 71

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Improve ability in the following baseball skills: <ul style="list-style-type: none"> ○ Catching ○ Throwing ○ Batting ○ Fielding ○ Bunting 	Skills Demonstration
<ul style="list-style-type: none"> • Execute game simulations 	Demonstration
<ul style="list-style-type: none"> • Understand and apply the rules of baseball 	Written test

Student Learning Outcomes
Course: PE V73

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> ○ Define somatic well-being and assess internal and external somatic awareness ○ 	Discussion and demonstration
<ul style="list-style-type: none"> ○ Demonstrate mind/body/spirit techniques and assess how they can enhance a person's emotional, physical, social and spiritual well-being 	Discussion and demonstration
<ul style="list-style-type: none"> ○ Demonstrate and perform the following techniques: Pilates, Feldenkrais, Alexander Technique, Yoga and balletic movement. 	Demonstration and skills test

Student Learning Outcomes
Course: PE V40

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Utilize proper circuit training techniques to improve: <ul style="list-style-type: none"> ○ Muscular strength and endurance ○ Cardiovascular endurance ○ flexibility ○ specific to their sport 	Pre and Post test on muscular strength, endurance, and flexibility.
<ul style="list-style-type: none"> • Identify the major muscles of the human body 	Written test on the major muscles of the body.

Student Learning Outcomes
Course: PE V 75

Student outcomes: At the end of this course, the student should be able to:	Assessment
<ul style="list-style-type: none"> • Identify the major muscle groups 	Written test
<ul style="list-style-type: none"> • Demonstrate strength and power gains 	Pre/post strength test
<ul style="list-style-type: none"> • Identify and perform correct lifting techniques 	Demonstrate proper stance and breathing

Student Learning Outcomes

Course: PE V76

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Improvement cardiovascular and muscular fitness	Pre/post test
• Compete at the intercollegiate level against other colleges	Skills test
• Improve in baseball skills	Skills test

Student Learning Outcomes

Course: PE V78

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Improvement cardiovascular and muscular fitness	Pre/post test
• Compete at the intercollegiate level against other colleges	Skills test
• Improve in basketball skills	Skills test

Student Learning Outcomes

Course: PE V80

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Improvement cardiovascular conditioning	Pre/post test
• Compete at the intercollegiate level against other colleges	Skills test

Student Learning Outcomes

Course: PE V80/81

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Students will utilize the proper form and techniques needed for: <ul style="list-style-type: none">○ Varying terrain○ Speed development○ And endurance necessary for Intercollegiate Competition.	Demonstration of skills during daily practice. Performance of skills during weekly competition.
• Students will develop the ability to interact with teammates and identify dynamics of sportsmanship and teamwork.	Demonstrate and display qualities of sportsmanship and teamwork.

Student Learning Outcomes

Course: PE V81

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Improvement cardiovascular conditioning	Pre/post test
• Compete at the intercollegiate level against other colleges	Skills test

Student Learning Outcomes

Course: PE V82

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Improvement cardiovascular conditioning and muscular strength	Pre/post test
• Compete at the intercollegiate level against other colleges	Skills test
• Improve in football-related skills	Skills test

Student Learning Outcomes

Course: PE V83

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Improvement cardiovascular and muscular fitness	Pre/post test
• Compete at the intercollegiate level against other colleges	Skills test
• Improve in swim technique	Skills test

Student Learning Outcomes

Course: PE V84

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Improve in golf skills	Pre/post test
• Compete at the intercollegiate level against other colleges	Skills test

Student Learning Outcomes

Course: PE V85

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Improvement cardiovascular and muscular fitness	Pre/post test
• Compete at the intercollegiate level against other colleges	Skills test
• Improve in soccer skills	Skills test

Student Learning Outcomes

Course: PE V86

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Improvement cardiovascular and muscular fitness	Pre/post test
• Compete at the intercollegiate level against other colleges	Skills test
• Improve in track and field specific skills	Skills test

Student Learning Outcomes

Course: PE V87

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Improvement cardiovascular and muscular fitness	Pre/post test
• Compete at the intercollegiate level against other colleges	Skills test
• Improve in softball related skills	Skills test

Student Learning Outcomes

Course: PE V88

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Improvement cardiovascular and muscular fitness	Pre/post test
• Compete at the intercollegiate level against other colleges	Skills test
• Improve in swim technique	Skills test

Student Learning Outcomes

Course: PE V86/94

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Students will utilize the proper form and techniques needed for varying: <ul style="list-style-type: none">○ Track and Field events○ Speed○ endurance development○ And muscular strength.	Demonstration of skills during daily practice.
• Students will develop the ability to interact with teammates and identify dynamics of sportsmanship and teamwork.	Demonstrate and display qualities of sportsmanship and teamwork.
• Students will identify the strategies and rule necessary for Intercollegiate competition:	Review of written rules

Student Learning Outcomes

Course: PE V91

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Improvement cardiovascular and muscular fitness	Pre/post test
• Compete at the intercollegiate level against other colleges	Skills test
• Improve in swim technique	Skills test

Student Learning Outcomes

Course: PE V92

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Improvement cardiovascular and muscular fitness	Pre/post test
• Compete at the intercollegiate level against other colleges	Skills test
• Improve in tennis related skills	Skills test

Student Learning Outcomes

Course: PE V93

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Improvement cardiovascular and muscular fitness	Pre/post test
• Compete at the intercollegiate level against other colleges	Skills test
• Improve in tennis skills	Skills test

Student Learning Outcomes
Course: PE V94

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Improvement cardiovascular and muscular fitness	Pre/post test
• Compete at the intercollegiate level against other colleges	Skills test
• Improve in track and field specific skills	Skills test

Student Learning Outcomes
Course: PE V97

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Improvement cardiovascular and muscular fitness	Pre/post test
• Compete at the intercollegiate level against other colleges	Skills test
• Improve in volleyball skills	Skills test

Student Learning Outcomes
Course: PE V98

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Improvement cardiovascular and muscular fitness	Pre/post test
• Compete at the intercollegiate level against other colleges	Skills test
• See Improvement in water polo skills	Skills test

Student Learning Outcomes
Course: PE V99

Student outcomes: At the end of this course, the student should be able to:	Assessment
• Improvement cardiovascular and muscular fitness	Pre/post test
• Compete at the intercollegiate level against other colleges	Skills test
• See Improvement in water polo skills	Skills test