\*REMINDER all course level slow are measured within the three year cycle. Next Program Review / APR Report due Nov, 2019

\*REMINDER whatever is measured should be discussed the next semester

Outcome Assessment Timeline Academic Programs Department of Exercise Science

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| **APR /SLO 3-Year Cycle** | **2018-2020** | | |
| **Course ID** | **Course-Level Student Learning Outcome (CSLO)** | **Measure/Collect Data** | **Discuss & Plan** |
| ES/A |  |  |  |
| ES/A 100  Fitness Pre and Post Testing | The student will analyze test results collected in class and correctly define the specific variable of fitness that each test measures. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| The student will define correctly the acronym  S.M.A.R.T. in regards to goal setting by demonstration in a written assignment. (ISLO 5) |  |  |
| ES/A 101  Body Sculpt I | At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an exercise environment by obtaining a passing score of 75% on a written test. (ISLO 5) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Students will identify various aerobic exercises that will increase heart rate to target ranges for cardiovascular conditioning by passing a written exam with a grade of 75% or better. (ISLO 6) |  |  |
| ES/A 102  Body Sculpt II | Students will identify 85% correctly various aerobic exercises that will increase heart rate to target ranges for cardiovascular conditioning. (ISLO 5) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an exercise environment by obtaining a passing score of 85% on a written test. (ISLO 5) |  |  |
| ES/A 103  Body Sculpt III | At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an exercise environment by obtaining a passing score of 95% on a written test. (ISLO 5) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |

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|  | Students will identify various aerobic exercises that will increase heart rate to target ranges for cardiovascular conditioning by passing a written test with a grade of 95% or above. (ISLO 5) |  |  |
| ES/A 104  Intense Boot Camp  \*SPRING ONLY | Student's will explain the calorie expenditure concept and how it relates to weight loss. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Student's will evaluate their pre and post physical measurements and analyze the results. (ISLO 5) |  |  |
| Student's will understand the role and influence that Boot Camp concept has on members of society that have participated in a camp. (ISLO 11) |  |  |
| ES/A 105  Beginning Running for Cardiovascular Fitness  \*SPRING ONLY | Student will demonstrate improvement when assessing timed results from a pre and post 1 mile run at the beginning and end of the semester. (ISLO 5) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Student will apply correct arm action described in the text when completing a half mile run on the track. (ISLO 8) |  |  |
| ES/A 106  Intermediate Running for Cardiovascular Fitness  \*SPRING ONLY | Student will explain the terms "warm up" and "cool down" and produce a workout for both training techniques. (ISLO 5) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Student will define the term "pace" as it relates to running a specific race time and outline a race strategy to meet personal target time in a one mile race. (ISLO 7) |  |  |
| ES/A 107  Advanced Running for Cardiovascular Fitness  \*SPRING ONLY | Student will explain what a "target heart rate" is and construct a training program to reach that heart rate. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Student will identify and demonstrate an understanding of three basic training methods for speed training to improve race times: Interval Training, Hill Training and Fartlek Training (ISLO 7) |  |  |
| ES/A 110A  Athletic Strength and Power Introduction  \*SPRING ONLY | Students will assess and apply correct safety protocols in an exercise environment. (ISLO 5) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Students will select and identify the appropriate safety protocols for weight training and distinguish the correct exercises for various muscle groups. (ISLO 5) |  |  |
| Students will accept and cooperate with all students in a diverse setting. (ISLO 9) |  |  |
| ES/A 110B  Athletic Strength and Power for Beginners | Students will modify appropriate weight from power index cards, and charts for various Olympic and Resistance exercises. (ISLO 5) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |

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| \*SPRING ONLY | At the commencement of ES/A 110B, each student will demonstrate safety applications in an exercise environment by passing a safety exam with a 70% or better score. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will perform correct lifting technique and improve functional Strength and Power on various Olympic and Resistance exercises. (ISLO 8) |  |  |
| At the completion of ES/A 110B, each student will pass a weight training terminology exam with a 70% or better score. (ISLO 8) |  |  |
| ES/A 110C  Athletic Strength and Power for Intermediate  \*SPRING ONLY | At the commencement of ES/A 110C, each student will demonstrate safety applications in an exercise environment by passing a safety exam with a 80% or better score. (ISLO 5) | \*SPRING 2019  only need to measure 3 CSLOs | \*FALL 2019 |
| Students will apply appropriate weight from power index cards, and charts for various Olympic and resistance exercises. (ISLO 5) |  |  |
| Students will exhibit correct lifting technique and produce functional strength and power on various Olympic and resistance exercises. (ISLO 8) |  |  |
| At the completion of ES/A 110C, each student each student will pass an intermediate weight training terminology exam with an 80% or better score. (ISLO 8) |  |  |
| ES/A 110D  Athletic Strength and Power for Advanced  \*SPRING ONLY | Students will demonstrate correct safety procedures within an exercise environment by scoring no less than 90% on a written or demonstration exam. (ISLO 2) | \*SPRING 2019  only need to measure 3 SLOs | \*FALL 2019 |
| Students will demonstrate the ability to utilize weight training and exercise terminology by passing with no less that 90% on a written or oral exam. (ISLO 2) |  |  |
| Students will interpret how to choose appropriate weight from power index cards, and charts for various Olympic and resistance exercises. (ISLO 5) |  |  |
| At the commencement of ES/A 110D,each student will be able to demonstrate proper technique in the squat, bench and hang clean to a diverse population of introductory students. (ISLO 9) |  |  |
| ES/A 112  Stand Up Paddling - Beginner | Student will be able to describe to others the proper technique for standing on a paddleboard from a crouch position,a sitting position and a prone position. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |

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|  | Student will be able to analyze various printed materials such as tide charts and basic rescue manuals and evaluate moving water conditions to prevent hazardous situations in the water. (ISLO 5) |  |  |
| ES/A 113  Stand Up Paddling - Intermediate | Student will be able to describe to others the proper technique for basic stance, and basic and advanced turns in stand up paddling. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Student will be able to analyze various printed materials such as tide charts and basic rescue manuals and evaluate tidal flow to prevent hazardous conditions in the water. (ISLO 5) |  |  |
| ES/A 114  Stand Up Paddling - Advanced | Student will be able to describe to others the proper technique for paddling a wave, basic stance and basic and advanced turns in stand up paddle. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Student will be able to analyze various printed materials such as tide charts and basic rescue manuals and evaluate tidal flow, rip currents and wave conditions to prevent hazardous conditions in the water. (ISLO 5) |  |  |
| ES/A 115  Beginning Mountain Biking for Fitness | Student's will demonstrate map reading skills by verbalizing trail knowledge to professor prior to bike rides. (ISLO 3) | \*SPRING 2019 | \*FALL 2019 |
| Student's will perform a flat repair and a brake adjustment. (ISLO 5) |  |  |
| Student's will be able to evaluate the strengths and weaknesses of a hard and soft tail mountain bike. (ISLO 8) |  |  |
| ES/A 116  Cardiovascular Swimming I | At the completion of the Exercise Science course through lecture and handouts, students will understand at an introductory level, the safety requirements in an aquatic environment by obtaining a passing score of 65% on a written test. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will be able to describe the process for writing a personalized workout for cardiovascular fitness at an introductory level. (ISLO 5) |  |  |
| ES/A 117  Cardiovascular Swimming II | At the completion of the Exercise Science course through lecture and handouts, students will understand at a beginning level, the safety requirements in an aquatic environment by obtaining a passing score of 75% on a written test. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will be able to describe the process for writing a personalized workout for cardiovascular fitness at a beginning level. (ISLO 5) |  |  |

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| ES/A 118  Cardiovascular Swimming III | At the completion of the Exercise Science course through lecture and handouts, students will understand at an intermediate level, the safety requirements in an aquatic environment by obtaining a passing score of 85% on a written test. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will be able to describe the process for writing a personalized workout for cardiovascular fitness at an intermediate level. (ISLO 5) |  |  |
| ES/A 119  Cardiovascular Swimming IV | Students will be able to describe the process for writing a personalized workout for cardiovascular fitness at an advanced level. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course through lecture and handouts, students will understand at an advanced level, the safety requirements in an aquatic environment by obtaining a passing score of 95% on a written test. (ISLO 5) |  |  |
| ES/A 121  Beginning Cross Training Fitness | Students will understand the safety requirements in an exercise environment by obtaining a passing score of 75% on a written test. (ISLO 5) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Students will identify various aerobic exercises that will increase heart rate to target ranges for cardiovascular conditioning by passing a matching exam with a score of 75%. (ISLO 5) |  |  |
| ES/A 122  Intermediate Cross Training Fitness | Students will understand the safety requirements in an exercise environment by obtaining a passing score of 80% on a written test. (ISLO 5) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Students will identify various aerobic exercises that will increase heart rate to target heart rate ranges for cardiovascular conditioning by scoring 80% on a written test. (ISLO 5) |  |  |
| ES/A 123  Advanced Cross Training Fitness | Students will understand the safety requirements in an exercise environment by obtaining a passing score of 90% on a written test. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Student will identify various aerobic exercises that will increase heart rate to target heart rate ranges for cardiovascular conditioning by passing a written test with 90%. (ISLO 5) |  |  |
| ES/A 125  Beginning Cardio-Fitness | Students will identify and calculate exercise heart rate that is appropriate for their age and beginning fitness level. (ISLO 5) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |

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|  | Students will identify various aerobic exercises that will increase heart rate to beginning level target ranges for cardiovascular conditioning. (ISLO 7) |  |  |
| ES/A 126  Intermediate Cardio-Fitness | Students will identify and calculate exercise heart rate and maximum heart rate that is appropriate for their age and intermediate fitness level. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will identify various aerobic exercises that will increase heart rate to intermediate target ranges for cardiovascular conditioning. (ISLO 7) |  |  |
| ES/A 127  Advanced Cardio-Fitness | Students will identify and calculate exercise heart rate that is appropriate for advanced fitness levels. (ISLO 5) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Students will identify various aerobic exercises that will increase heart rate to target ranges for advanced cardiovascular conditioning. (ISLO 7) |  |  |
| ES/A 131  Flexibility Fitness I | Demonstrate oral proficiency in a variety of flexibility stretching exercises at a basic level. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Students will be able understand and implement social and ethical standards within an excercise facility. (ISLO 9) |  |  |
| ES/A 132  Flexibility Fitness II | Demonstrate oral proficiency in a variety of flexibility stretching exercises at a basic level. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Students will be able understand and implement social and ethical standards within an excercise facility. (ISLO 9) |  |  |
| ES/A 133  Flexibility Fitness III | Demonstrate oral proficiency in a variety of flexibility stretching exercises at a basic level. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Students will be able understand and implement social and ethical standards within an excercise facility. (ISLO 9) |  |  |
| ES/A 134  Flexibility Fitness IV | Demonstrate oral proficiency in a variety of flexibility stretching exercises at an advanced level. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Students will be able to understand and implement social and ethical standards within an excercise facility. (ISLO 9) |  |  |
| ES/A 135  Bowling—Beginning | The student will analyze a particular pin set instruct the group in the proper approach and give advice after the attempted shot is made. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| The students will be given various pin set combinations and will be asked a proper angle strike with the ball to create a spare. (ISLO 5) |  |  |

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| ES/A 136  Bowling—Intermediate | The students will explain and demonstrate proper approaches and ball releases to pick up various types of splits. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| The students will discuss and evaluate the best approaches and releases for conversions of spares with various pin sets. (ISLO 5) |  |  |
| ES/A 137  Bowling—Advanced | The student will explain and demonstrate their strategy for correcting for a specific type of bowling fault: over or underspin, lane conditions, arm adjustments for faults in release. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| The students will discuss strategies and adjustments necessary to successfully compete in team league and tournament play. (ISLO 5) |  |  |
| ES/A 138  Beginning Baseball  \*FALL ONLY | Student will demonstrate knowledge of baseball rules and regulations by written exam. (ISLO 2) | **~~\*FALL 2018~~ DONE** | \*FALL 2019 |
| At the completion of the exercise science course, students will understand the saftey requirements in an exercise environment. (ISLO 2) |  |  |
| Student will demonstrate their skill of catching, by successfully catching 10 out of 15 fly balls in the outfield in a skills test.  Student will demonstrate their sill of fielding by successfully fielding 15 out of 25 ground balls in a skills test. Student will demonstrate their hitting skills by successfully hitting 15 out of 25 balls from the pitching machine. Student will demonstrate base running skills by circling the bases with proper foot placement and angle of approach. Student will demonstrate throwing sills from the outfield by completing 10 out of 15 throws to home plate within a  five-foot accuracy radius. Student will demonstrate pitching skills by throwing 10 strikes out of 25 pitches to the plate from the pitching mound. Student will show their catching skills, by catching 8 out of 10 balls thrown from a distance of sixty feet in a skills test. Student will demonstrate their ability and knowledge of game strategy during intra-class games. (ISLO 5) |  |  |
| ES/A 139  Intermediate Baseball  \*FALL ONLY | Students will pass the knowledge of baseball rules and regulations with a grade of 75% or better on a demonstration or written exam. (ISLO 2) | **~~\*FALL 2018~~ DONE** | \*FALL 2019 |
| Students will pass the safety requirements with a grade of 75% or better in an exercise environment. (ISLO 2) |  |  |

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|  | Student will demonstrate their skill of catching and fielding, by successfully catching 11 out of 15 fly balls in the outfield and by successfully fielding 17 out of 25 ground balls in a skills test. (ISLO 5) |  |  |
| ES/A 140  Advanced Baseball  \*FALL ONLY | Students will pass the knowledge of baseball rules and regulations with a grade of 85% or better on a demonstration or written exam. (ISLO 2) | **~~\*FALL 2018~~ DONE** | \*FALL 2019 |
| Students will pass the safety requirements with a grade of 85% or better in an exercise environment. (ISLO 2) |  |  |
| Student will demonstrate their skill of catching and fielding, by successfully catching 12 out of 15 fly balls in the outfield and by successfully fielding 19 out of 25 ground balls in a skills test. (ISLO 5) |  |  |
| ES/A 141  College Baseball  \*FALL ONLY | Students will pass the knowledge of baseball rules and regulations with a grade of 95% or better on a demonstration or written exam. (ISLO 2) | **\*FALL 2018** | \*FALL 2019 |
| Students will pass the safety requirements with a grade of 95% in an exercise environment. (ISLO 2) |  |  |
| Student will demonstrate their skill of catching and fielding, by successfully catching 13 out of 15 fly balls in the outfield and by successfully fielding 21 out of 25 ground balls in a skills test. (ISLO 5) |  |  |
| ES/A 143  Badminton I | Student will understand the benefits and history of badminton. 2. Student will gain knowledge of equipment, etiquette, terminology, and rules needed to play badminton. (ISLO 2) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| At the completion of exercise science course, student will understand the safety requirements in an exercise environment. (ISLO 2) |  |  |

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|  | 1. Student will demonstrate skill in forehand and backhand serves into the service court with success of three out of ten. 2. Student will display the use of forehand and backhand clean by hitting three out of ten shots successfully to the back court. 3. Student will convey the use of an overhand smash by hitting four out of ten within three feet of the end line. 4. Student will exhibit the ability to use court strategy and kills of each shot by participation in various types of class competition. 5. Student will show foot work, position and strokes by returning shots within five inches of designated target areas. 6. Student will explain and apply the use of skills of forehand, backhand, servers, and court strategy by successfully participating in games. (ISLO 5) |  |  |
| ES/A 144  Badminton II | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| 1. Student will understand the benefits and history of badminton. 2. Student will gain knowledge of equipment, etiquette, terminology, and rules needed to play badminton. (ISLO 2) |  |  |
| 1. Student will demonstrate skill in forehand and backhand serves into the service court with success of four out of ten. 2. Student will display the use of forehand and backhand clean by hitting four out of ten shots successfully to the back court. 3. Student will convey the use of an overhand smash by hitting five out of ten within three feet of the end line. 4. Student will exhibit the ability to use court strategy and kills of each shot by participation in various types of class competition. 5. Student will show foot work, position and strokes by returning shots within four inches of designated target areas. 6. Student will explain and apply the use of skills of forehand, backhand, servers, and court strategy by successfully participating in games. (ISLO 5) |  |  |
| ES/A 145  Badminton III | At the completion of exercise science, students will understand the safety requirements in an exercise environment. (ISLO 2) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| 1. Student will understand the benefits and history of badminton. 2. Student will gain knowledge of equipment, etiquette, terminology, and rules needed to play badminton. (ISLO 2) |  |  |

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|  | 1. Student will demonstrate skill in forehand and backhand serves into the service court with success of three out of ten. 2. Student will display the use of forehand and backhand clean by hitting three out of ten shots successfully to the back court. 3. Student will convey the use of an overhand smash by hitting four out of ten within three feet of the end line. 4. Student will exhibit the ability to use court strategy and kills of each shot by participation in various types of class competition. 5. Student will show foot work, position and strokes by returning shots within five inches of designated target areas. 6. Student will explain and apply the use of skills of forehand, backhand, servers, and court strategy by successfully participating in games.  7. Assist other students in the practice and development of the basic strokes. (ISLO 5) |  |  |
| ES/A 146  Badminton IV | At the completion of the exercise couRse, students will understand the safety requirements in an exercise environment. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| 1. Student will understand the benefits and history of badminton. 2. Student will gain knowledge of equipment, etiquette, terminology, and rules needed to play badminton. (ISLO 2) |  |  |
| 1. Student will demonstrate skill in forehand and backhand serves into the service court with success of six out of ten. 2. Student will display the use of forehand and backhand clean by hitting six out of ten shots successfully to the back court. 3. Student will convey the use of an overhand smash by hitting seven out of ten within three feet of the end line. 4. Student will exhibit the ability to use court strategy and kills of each shot by participation in various types of class competition. 5. Student will show foot work, position and strokes by returning shots within five inches of designated target areas. 6. Student will explain and apply the use of skills of forehand, backhand, servers, and court strategy by successfully participating in games.  7. Student will assist other students in the practice and development of the basic strokes (ISLO 5) |  |  |
| ES/A 147  Golf I | At the completion of the course, students at the novice level will pass a written exam on the rules of golf with a 70% or better score.  (ISLO 4) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the exercise science course, students will understand the safety requirments in an exercise science environment. (ISLO 4) |  |  |

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| ES/A 148  Golf II | At the completion of the course, students at the beginning level will pass a written exam on the rules of golf with a 75% or better score.  (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the exercise science course, students will understand the safety requirments in an exercise environment. (ISLO 5) |  |  |
| ES/A 149  Golf III | At the completion of the course, students at the intermediate level will pass a written exam on the rules of golf with an 80% or better score. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 5) |  |  |
| ES/A 150  Golf IV | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the course, students at the advanced level will pass a written exam on the rules of golf with a 90% or better score.  (ISLO 5) |  |  |
| ES/A 151  Beginning Tennis I | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Students will identify and analyze the rules and history of tennis. (ISLO 5) |  |  |
| Students will identify and analyze the rules and history of tennis. (ISLO 8) \*\*\*\*\*CSLO IS REPEAT OF ABOVE BUT WITH DIFFERENT ISLO |  |  |
| ES/A 152  Beginning Tennis II | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Students will identify the knowledge of tennis etiquette. (ISLO 4) |  |  |
| Students will define court positions and list major tennis events. (ISLO 7) |  |  |
| Students will analyze and demonstrate basic strategy of tennis. (ISLO 8) |  |  |
| ES/A 153  Intermediate Tennis | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |

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|  | Students will demonstrate the proper court positions in match play. (ISLO 4) |  |  |
| Students will identify and demonstrate intermediate tennis strategy. (ISLO 7) |  |  |
| ES/A 154  Advanced Tennis | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Students will demonstrate advanced court positions in match play. (ISLO 4) |  |  |
| Students will identify and demonstrate advanced tennis strategy. (ISLO 7) |  |  |
| ES/A 155  Swimming I | Students will demonstrate knowledge of the history, terminology, techniques and rules used in Swimming for both recreation and competition at an introductory level by obtaining a passing score of 65% or higher on a written exam. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an aquatic environment at an introductory level by obtaining a passing score of 65% on a written test. (ISLO 5) |  |  |
| ES/A 156  Swimming II | At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an aquatic environment at a beginning level by obtaining a passing score of 75% on a written test. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will demonstrate knowledge of the history, terminology, techniques and rules used in Swimming for both recreation and competition at a beginning level by obtaining a passing score of 75% or higher on a written exam. (ISLO 5) |  |  |
| ES/A 157  Swimming III | At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an aquatic environment at an intermediate level by obtaining a passing score of 85% on a written test. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will demonstrate knowledge of the history, terminology, techniques and rules used in Swimming for both recreation and competition at an intermediate level by obtaining a passing score of 85% or higher on a written exam. (ISLO 5) |  |  |

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| ES/A 158  Swimming IV | Students will demonstrate knowledge of the history, terminology, techniques and rules used in Swimming for both recreation and competition at an advanced level by obtaining a passing score of 95% or higher on a written exam. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an aquatic environment at an advanced level by obtaining a passing score of 95% on a written test. (ISLO 5) |  |  |
| ES/A 160  Progressive Fitness I Through Nautilus and Swimming Conditioning | At the completion of the Exercise Science course through lecture and handouts, students will be able to identify methods of strength training that effect specific muscle groups and vary routines at a beginning level by obtaining a passing score of 75% or higher on a written exam. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an aquatic and weight room environments at a beginning level by obtaining a passing score of 75% on a written test. (ISLO 5) |  |  |
| ES/A 162  Beginning Basketball | Student will understand through lecture and handouts the safety requirements in an athletic environment. (ISLO 1) | \*SPRING 2019 | \*FALL 2019 |
| Students through lecture, demonstration and written handouts will be able to verbally describe and physically demonstrate the proper techniques used for head up style of dribbling the ball to the other side of the course. (ISLO 4) |  |  |
| Students through lecture, demonstration and written handouts will be able to verbally describe and physically demonstrate the proper technique used for outside shooting in basketball. (ISLO 5) |  |  |
| ES/A 163  Intermediate Basketball | Student will understand through lecture and handouts the safety requirements in an athletic environment. (ISLO 1) | \*SPRING 2019 | \*FALL 2019 |
| Students through lecture, demonstration and written handouts will be able to verbally describe and physically demonstrate the proper techniques used for head up style of dribbling the ball to the other side of the course. (ISLO 4) |  |  |

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|  | Students through lecture, demonstration and written handouts will be able to verbally describe and physically demonstrate the proper technique used for outside shooting in basketball. (ISLO 5) |  |  |
| ES/A 166  Introduction to Volleyball | At the completion of ES/A 166, students will demonstrate beginning knowledge of volleyball terminology, scoring, rules, tactics,and court positions by scoring a 70% or higher grade on an assessment. (ISLO 4) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| At the completion of ES/A 166, students will identify and demonstrate safety requirements for volleyball at an introductory level by scoring 70% or higher on an assessment. (ISLO 5) |  |  |
| ES/A 167  Beginning Volleyball | At the completion of ES/A 167 students will identify safety requirements in an exercise environment for intermediate volleyball by scoring a 80% on an assessment. (ISLO 4) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| At the completion of ES/A 167, students will demonstrate knowledge of terminology, rules, scoring, court positions, and tactics appropriate for the intermediate level volleyball player by scoring a 80% on an assessment. (ISLO 8) |  |  |
| ES/A 168  Intermediate Volleyball | At the completion of ES/A 168, students will explain safety requirements in an exercise volleyball environment at the intermediate to advanced level by scoring a 85% on an assessment. (ISLO 4) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| At the completion of ES/A 168, students will demonstrate knowledge of the terminology, rules, scoring, court positions, systems, and tactics appropriate for the intermediate to advanced level volleyball player by scoring a 85% on an assessment. (ISLO 8) |  |  |
| ES/A 169  Advanced Volleyball | At the completion of ES/A 169, students will apply volleyball terminology, rules relating to skills, court positions and scoring for the advanced level student by passing an exit exam with a 90% or better score. (ISLO 5) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| At the completion of ES/A 169, students will identify safety requirements and protocols for participation in advanced volleyball warm-ups, drills and games by passing an exit exam with a 90% or better score. (ISLO 7) |  |  |
| ES/A 170  Sand Volleyball I  \*SPRING ONLY | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 4) | \*SPRING 2019 | \*FALL 2019 |

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|  | At the completion of the course, students at the novice level will pass a written exam on the rules of sand volleyball with a 70% or better score. (ISLO 4) |  |  |
| ES/A 171  Sand Volleyball II  \*SPRING ONLY | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 4) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the course, students at the beginning level will pass a written exam on the rules of sand volleyball with a 75% or better score. (ISLO 4) |  |  |
| ES/A 172  Sand Volleyball III  \*SPRING ONLY | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 4) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the course, students at the intermediate level will pass a written exam on the rules of sand volleyball with a 80% or better score. (ISLO 4) |  |  |
| ES/A 173  Sand Volleyball IV  \*SPRING ONLY | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 4) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the course, students at the advanced level will pass a written exam on the rules of sand volleyball with a 90% or better score. (ISLO 4) |  |  |
| ES/A 176  Beach Soccer I | At the completion of ES/A 274, students will self-analyze error in beach soccer ball skills and identify methods of adjustment to enhance performance by scoring a 70% or higher on self-assessment. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of ES/A 274, students will examine and demonstration of safety requirements and injury prevention protocols for beach soccer at an introductory level by scoring 70% or higher on an assessment. (ISLO 4) |  |  |
| ES/A 177  Beach Soccer II | At the completion of ES/A 275, students will self analyze errors in beach soccer skills, game strategies and tactics, and identify methods of adjustment to enhance performance at an intermediate level by scoring a 80% or higher of self-assessment. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of ES/A 275, students will examine and demonstrate appropriate safety practices and injury prevention protocols for beach soccer at an intermediate level by scoring 80% or higher on an assessment. (ISLO 7) |  |  |

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| ES/A 178A  Soccer I | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Students will identify and analyze the basic rules and systems of play. (ISLO 1) |  |  |
| Student will demonstrate and identify the basic tactical strategies and apply it to the game situations. (ISLO 5) |  |  |
| ES/A 178B  Soccer II | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Student will demonstrate the proper positional play in practice. (ISLO 4) |  |  |
| Students will identify and demonstrate the defensive and the offensive tendencies of each position in training. (ISLO 7) |  |  |
| ES/A 178C  Soccer III | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Students will analyze defensive shape in practice and solve the tactical problems in match play. (ISLO 5) |  |  |
| Students will identify attacking principles and demonstrate mobility, depth and width. (ISLO 7) |  |  |
| ES/A 178D  Soccer IV | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Students will identify technical adaptations of the modern game of soccer. (ISLO 7) |  |  |
| Students will identify and analyze systems and formations of modern soccer. (ISLO 7) |  |  |
| ES/A 182  Softball I | Student will be able to demonstrate throwing, catching, and hitting a softball in a game. (ISLO 1) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) |  |  |
| Student will be able to apply basic rules about the game of softball and play in a game. (ISLO 4) |  |  |
| ES/A 183  Softball II | Student will be able to perform the sacrifice bunt, bunt/slap/bunt, sneaky, and squeeze in a game. (ISLO 1) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |

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|  | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) |  |  |
| Student will know when in a softball game a sacrifice bunt, bunt slap/bunt, sneaky, and squeeze should be demonstrated. (ISLO 4) |  |  |
| ES/A 184  Softball III | Student will be able to dive for a ground ball or pop fly and make a catch in a game. (ISLO 1) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) |  |  |
| Student will be able to have positive self talk no matter what the result in a softball game.  (ISLO 5) |  |  |
| ES/A 185  Softball IV | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Student will be able to communicate where the play is to go from batter to batter based on how many outs, where the runner is, and the score of the game. (ISLO 1) |  |  |
| Student will be able to make offensive adjustments in the batters box from pitch to pitch to make contact with the ball. (ISLO 5) |  |  |
| ES/A 186  Fitness Education Center: Foundational Fitness Training I | At the completion ES/A 186, each student will demonstrate safety applications in an exercise environment by passing a safety exam with a 70% or better score. (ISLO 5) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| At the completion of ES/A 186, each student will pass an introductory fitness terminology exam with a 70% or better score. (ISLO 5) |  |  |
| ES/A 187  Fitness Education Center: Foundational Fitness Training II | At the completion of ES/A 187, students will pass an intermediate safety exit exam with a 70% or better grade. (ISLO 5) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| At the completion of ES/A 187 students will pass an intermediate fitness terminology test with a 70%or better score. (ISLO 5) |  |  |
| ES/A 188  Fitness Education Center: Specialized Fitness Training I | At the completion of ES/A 188 will pass an advanced fitness terminology test with a 70% or better score. (ISLO 5) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| At the completion of ES/A 188, advanced fitness students will understand and apply safety requirements in an exercise environment. (ISLO 5) |  |  |

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| ES/A 189  Fitness Education Center: Specialized Fitness Training II | At the completion of ES/A 189, students will understand the advanced lifting and safety requirements in an exercise environment. (ISLO 5) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| At the completion of ES/A 189, students will pass a fitness terminology test with specific reference to advanced, competitive or sport specific terms with a 70% or better score. (ISLO 5) |  |  |
| ES/A 190  Introductory Weight Training and Physical Fitness | Demonstrate a proper dynamic warm up. (ISLO 2) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Use of a multiple rep max to determine an estimated single rep max. (ISLO 5) |  |  |
| ES/A 191  Beginning Weight Training and Physical Fitness | Demonstrate a knowledge of a correct weight training program for developing life long fitness. (ISLO 2) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Students will take their end maxes from ES/A 190 and use it to write out a strength program for a 6 week strength cycle. (ISLO 5) |  |  |
| ES/A 192  Intermediate Weight Training and Physical Fitness | Demonstrate a knowledge of the importance of a nutrition to compliment a strength program.  (ISLO 2) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Monitor their strength gains with a pre-test / post test procedure. (ISLO 5) |  |  |
| ES/A 193  Advanced Weight Training and Physical Fitness | Students will demonstrate a three pronged approach to a total fitness program. Weight Training, Cardio Fitness and Nutrition. (ISLO 2) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Monitor speed and agility gains with a pre-test  / post-test procedure. (ISLO 5) |  |  |
| ES/A 195  Introduction to Outrigger Canoe | Students will collaborate and demonstrate, as a team, the righting of an outrigger canoe. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Students will analyze their own outrigger canoe stroke, via videotape, and evaluate their performance using a rubric. (ISLO 5) |  |  |
| Students will recognize and discuss the value Hawaiian Outrigger canoeing has on the Hawaiian culture and community. (ISLO 10) |  |  |
| At the completion of the Exercise Science course through lecture and hand-outs, students will recognize the safety requirements in an aquatic environment and apply their knowledge by obtaining a passing score of 75% on a written test. (ISLO 8) |  |  |
| ES/A 196  Beginning Outrigger Canoe | Student will collaborate, organize, and participate in an outrigger canoe race. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |

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|  | Student will analyze their own outrigger canoe stroke, via videotape, and evaluate their performance using a rubric. (ISLO 5) |  |  |
| At the completion of the Exercise Science course through lecture and hand-outs, students will recognize the safety requirements in an aquatic environment and apply their knowledge by obtaining a passing score of 75% on a written test. (ISLO 8) |  |  |
| ES/A 197  Intermediate Outrigger Canoe | Student will collaborate, organize, and participate in an outrigger canoe race and/or event. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Students will assess and analyze their own outrigger canoe stroke, via videotape, and evaluate their performance using a rubric. (ISLO 5) |  |  |
| At the completion of the Exercise Science course through lecture and hand-outs, students will recognize the safety requirements in an aquatic environment and apply their knowledge by obtaining a passing score of 75% on a written test. (ISLO 8) |  |  |
| ES/A 198  Advanced Outrigger Canoe | Students will collaborate, organize, and participate in an outrigger canoe race. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Students will analyze their own outrigger canoe stroke, via videotape, and evaluate their performance using a rubric. (ISLO 5) |  |  |
| ES/A 203  Beginning Fitness Walking | Keep track of and demonstrate improvements in cardiorespiratory endurance. (ISLO 5) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Design, implement, and critique a walking route of 2-mile distance around his/her neighborhood. (ISLO 7) |  |  |
| ES/A 204  Intermediate Fitness Walking | Keep track of and demonstrate improvements in cardiorespiratory and muscle endurance. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Design, implement, and critique a walking route of 2.5-mile distance around his/her neighborhood. (ISLO 7) |  |  |
| ES/A 205  Advanced Fitness Walking | Improve cardiorespiratory endurance, muscle endurance, and flexibility. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Design, implement, and critique a walking route of 3-mile distance around his/her neighborhood using a satellite system. (ISLO 7) |  |  |

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| ES/A 215  Beginning STEP Training | Students will identify various aerobic exercises that will increase heart rate to target ranges for cardiovascular conditioning by passing an exam with a 75% grade. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will understand the safety requirements in an exercise environment by obtaining a passing score of 75 % on a written test. (ISLO 6) |  |  |
| ES/A 216  Intermediate STEP Training | Students will identify various aerobic exercises that will increase heart rate to Intermediate range target levels for cardiovascular conditioning by passing a matching quiz with an 80% score. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will understand the safety requirements of an exercise environment by passing a written test with a score of 80% or better. (ISLO 6) |  |  |
| ES/A 217  Advanced STEP Training | Students will identify various aerobic exercises that will increase heart rate to target ranges from beginning to advanced for cardiovascular conditioning by passign an exam with a score of 90% or better. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will understand the safety requirements in an exercise environment by obtaining a score of 90% or better on a written exam. (ISLO 6) |  |  |
| ES/A 220  Lifetime Fitness and Weight Management | Students will write a fitness exercise plan and keep a workout log over the duration of the course to evaluate progress. (ISLO 5) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Student will record a three day food log using an online tracking application and analyze dietary intake. (ISLO 7) |  |  |
| ES/A 223  Beginning Sailing | Student will be able to explain the weather patterns and wind conditions as they effect a sailboat in a bay or ocean environment. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) |  |  |
| Student will be able to analyze various printed materials such as tide charts and basic rescue manuals to evaluate tidal flow and ocean conditions to prevent damage to the boat and the sailor. (ISLO 5) |  |  |
| ES/A 224  Intermediate Sailing | Student will be able to explain and demonstrate the fundamentals of safety while boat rigging and launching techniques. Students will pass a safety exam with a score of 80% or higher. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |

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|  | Student will analyze various printed materials such as tide charts and basic rescue manuals to evaluate tidal flow, rip currents and wave conditions to prevent boat damage and harm to the sailor. (ISLO 5) |  |  |
| ES/A 225  Advanced Sailing | Student will be able to explain crew skipper communications and demonstrate cooperation skills to maximize boat performance and safety. Students will pass a safety assessment with a score of 90% or higher. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Given adverse weather conditions, the student will be able to sail various courses and make adjustments under differing wind and sun conditions. (ISLO 5) |  |  |
| **ES/A 226A**  **Keelboat Sailing Level I** | CSLO’s not available in Curricunet  ISLO’S are identified but there are no CSLO’s written. | \*SPRING 2019 | \*FALL 2019 |
| **ES/A 226B**  **Keelboat Sailing Level II** | CSLO’s not available in Curricunet  ISLO’S are identified but there are no CSLO’s written. | \*SPRING 2019 | \*FALL 2019 |
| **ES/A 226C**  **Keelboat Sailing Level III** | CSLO’s not available in Curricunet  ISLO’S are identified but there are no CSLO’s written. | \*SPRING 2019 | \*FALL 2019 |
| ES/A 227  Aquatic Exercise I | Students will understand at an introductory level the process for writing a personalized aquatic exercise workout for cardiovascular fitness. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an aquatic environment at an introductory level by obtaining a passing score of 65% on a written test. (ISLO 5) |  |  |
| ES/A 228  Aquatic Exercise II | Students will understand at a beginning level the process for writing a personalized aquatic exercise workout for cardiovascular fitness. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an aquatic environment at a beginning level by obtaining a passing score of 75% on a written test. (ISLO 5) |  |  |
| ES/A 229  Aquatic Exercise III | Students will understand at an intermediate level the process for writing a personalized aquatic exercise workout for cardiovascular fitness. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |

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|  | At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an aquatic environment at an intermediate level by obtaining a passing score of 85% on a written test. (ISLO 5) |  |  |
| ES/A 230  Aquatic Exercise IV  \*SPRING ONLY | At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an aquatic environment at an advanced level by obtaining a passing score of 95% on a written test. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will understand at an advanced level the process for writing a personalized aquatic exercise workout for cardiovascular fitness. (ISLO 5) |  |  |
| ES/A 231  Sea Kayaking I | Demonstrate beginning kayaking abilities through physical assessment. (ISLO 4) | \*SPRING 2019 | \*FALL 2019 |
| Plan and coordinate one aspect of the class' daily paddles: gear and boat deployment; float plan and time management; or end of paddle cleanup. (ISLO 9) |  |  |
| Demonstrate aquatic safety. (ISLO 7) |  |  |
| ES/A 232  Sea Kayaking II | Demonstrate and compare paddle strokes. (ISLO 4) | \*SPRING 2019 | \*FALL 2019 |
| Discuss aquatic safety hazards and ways to avoid emergency situations. (ISLO 7) |  |  |
| ES/A 233  Sea Kayaking III | Demonstrate the ability to minimize veer. (ISLO 4) | \*SPRING 2019 | \*FALL 2019 |
| Students will research aquatic safety hazards found in San Diego water ways and discuss ways to avoid emergency situations. (ISLO 7) |  |  |
| ES/A 235  Lifeguard Training | At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an aquatic environment at a advanced level by obtaining a passing score of 95% on a written test. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will identify and perform the correct life-saving skills for a specific rescue scenario given in a testing environment. (ISLO 5) |  |  |
| ES/A 236  Aquatic Instructor Training | At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an aquatic environment at a advanced level by obtaining a passing score of 95% on a written test. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |

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|  | Students will identify and perform the correct swimming skills for the six swimming strokes given in a testing environment. (ISLO 5) |  |  |
| ES/A 238  Beginning Surfing | Student will be able to describe to others the proper technique for catching a wave, basic stance and basic turns in surfing. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Student will understand the safety issues involved in ocean recreation. (ISLO 5) |  |  |
| ES/A 239  Intermediate Surfing | Student will be able to describe to others the proper technique for catching a wave, basic stance and basic turns in surfing. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Student will be able to analyze various printed materials such as tide charts and basic rescue manuals and evaluate tidal flow, rip currents and wave conditions to prevent hazardous conditions in the water. (ISLO 5) |  |  |
| ES/A 240  Advanced Surfing | Student will understand the safety issues involved in marine activities.  (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Student will be able to analyze various printed materials such as tide charts and basic rescue manuals and evaluate tidal flow, rip currents and wave conditions to prevent hazardous conditions in the water. (ISLO 5) |  |  |
| ES/A 243  Applied Fitness Programming and Nutrition | Student will read assigned articles pertaining to floor fitness exercise and write a summary. (ISLO 3) | \*SPRING 2019 | \*FALL 2019 |
| Student will be able to use the information from the class to perform one group exercise designed by them. (ISLO 4) |  |  |
| Student's will create a nutritional plan from information from on-line resources. They will develop a plan to improve the weaknesses in their diet. (ISLO 8) |  |  |
| Student's will create and lead a group exercise that will allow all levels of students to participate fully. (ISLO 9) |  |  |
| ES/A 249  Introduction to Cheerleading Conditioning | Students will design and demonstrate a short routine with a minimum of one skill from introductory level choreography, stunting, jumping, pyramids, gymnastics and tumbling. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will assess and analyze information to prepare and solve designated practice, game day, and/or performance problems. (ISLO 7) |  |  |

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| ES/A 250  Beginning Cheerleading Conditioning | Students will design and demonstrate a short routine comprised of a minimum of 1 skill in each area to include beginning level choreography, stunting, jumping, pyramids, gymnastics and tumbling. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will assess and analyze information to prepare and solve designated practice, game day, and/or performance problems relevant to the beginning level cheerleading student. (ISLO 7) |  |  |
| ES/A 251  Intermediate Cheerleading Conditioning | Students will design and demonstrate 5 rountines with a minimum of 2 intermediate skills to include choreography, stunting, jumping, pyramids, gymnastics and tumbling. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will use intermediate skills learned in class to choreograph a game day cheer or chant. (ISLO 4) |  |  |
| ES/A 252 Advanced Cheerleading | Students will design and demonstrate 5 routines with a minimum of 3 advanced skills to include choreography, stunting, jumping, pyramids, gymnastics and tumbling. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will use advanced skills learned in class to choreograph a game day cheer or chant. (ISLO 4) |  |  |
| ES/A 253 Spinning Your Way to Fitness | Design one 10-minute component of an indoor cycling workout. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Demonstrate proper bike setup and riding mechanics. (ISLO 5) |  |  |
| ES/A 254 Spinning Your Way to Fitness | Design and implement one 10-minute component of an indoor cycling workout. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Demonstrate two proper training strategies for indoor cycling. (ISLO 5) |  |  |
| ES/A 255 Spinning Your Way to Fitness | Design and evaluate one 10-minute component of an indoor cycling workout. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Demonstrate three proper training strategies for indoor cycling. (ISLO 5) |  |  |
| ES/A 257 Taekwondo I | A self defense strategy will be developed for an attack from one fellow classmate. (ISLO 9) | \*SPRING 2019 | \*FALL 2019 |
| Research appropriate etiquette standards for course demonstrations. (ISLO 7) |  |  |
| ES/A 258 Taekwondo II | A self defense strategy will be developed for an attack from one fellow classmate. (ISLO 9) | \*SPRING 2019 | \*FALL 2019 |
| Research appropriate etiquette standards for course demonstrations. (ISLO 7) |  |  |

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| ES/A 260  Water Polo I | Students will demonstrate knowledge of the history, terminology, techniques, tactics, and rules used in the sport of Water Polo at an introductory level by obtaining a passing score of 65% or higher on a written exam. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an aquatic environment at an introductory level by obtaining a passing score of 65% on a written test. (ISLO 5) |  |  |
| ES/A 261  Water Polo II | Students will demonstrate knowledge of the history, terminology, techniques, tactics, and rules used in the sport of Water Polo at a beginning level by obtaining a passing score of 75% or higher on a written exam. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an aquatic environment at a beginning level by obtaining a passing score of 75% on a written test. (ISLO 5) |  |  |
| ES/A 262  Water Polo III | Students will demonstrate knowledge of the history, terminology, techniques, tactics, and rules used in the sport of Water Polo at an intermediate level by obtaining a passing score of 85% or higher on a written exam. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an aquatic environment at an intermediate level by obtaining a passing score of 85% on a written test. (ISLO 5) |  |  |
| ES/A 263  Water Polo IV | Students will demonstrate knowledge of the history, terminology, techniques, tactics, and rules used in the sport of Water Polo at an advanced level by obtaining a passing score of 95% or higher on a written exam. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an aquatic environment at an advanced level by obtaining a passing score of 95% on a written test. (ISLO 5) |  |  |
| ES/A 264 Beginning Yoga | Students will identify and demonstrate a minimum of 10 Yoga postures. (ISLO 1) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Students will identify and demonstrate affirmations and yoga mantras with respect to personal goal setting and creating calmness and balance. (ISLO 2) |  |  |

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| ES/A 265 Intermediate Yoga | Students will identify and demonstrate 15 yoga asanas with proper alignment and modifications to fit their practice. (ISLO 1) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Students will identify and demonstrate affirmations and yoga mantras with respect to personal goal setting and creating calmness and balance at intermediate levels of body awareness. (ISLO 2) |  |  |
| ES/A 266 Advanced Yoga | Students will identify and demonstrate the yoga breath (pranayama) and discuss the importance of it in asana practice. (ISLO 1) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Students will identify and demonstrate affirmations and yoga mantras with respect to personal goal setting and creating calmness and balance in an advanced practice. (ISLO 2) |  |  |
| ES/A 269 Beginning Deep Water Exercise | Discuss two components of a deep-water exercise workout that are important and explain rationale.  (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Design a ten-minute deep-water exercise session. (ISLO 15) |  |  |
| ES/A 270 Intermediate Deep Water Exercise | Discuss three components of a deep-water exercise workout that are important to you and explain your rationale. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Design and implement a ten-minute deep-water exercise session. (ISLO 15) |  |  |
| ES/A 272 Beginning Triathlon Training | Discuss one component of triathlon training that is important to help one prepare for participating in an organized event and explain rationale. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Design a one-week swim training plan to increase one's Freestyle endurance. (ISLO 5) |  |  |
| ES/A 273 Intermediate Triathlon Training | Discuss two components of triathlon training that are important to help one prepare for participating in a Sprint Triathlon and explain rationale. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Design a one-week bike training plan to help one prepare for a Sprint Triathlon. (ISLO 5) |  |  |
| ES/A 275 Ultimate Frisbee I | Student will be able to demonstrate throwing, catching, and positioning during a frisbee game. (ISLO 1) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) |  |  |
| Student will be able to apply basic rules about the game of ultimate and play in a game. (ISLO 4) |  |  |

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| ES/A 276 Ultimate Frisbee II | Student will be able to dive for a frisbee and make a catch in a game. (ISLO 1) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) |  |  |
| Student will be able to exercise positive self talk in an ultimate frisbee game. (ISLO 4) |  |  |
| ES/A 277 Ultimate Frisbee III | Student will be able to dive for a frisbee and make a catch in a game. (ISLO 1) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) |  |  |
| Student will be able to exercise positive self talk in an ultimate frisbee game. (ISLO 4) |  |  |
| ES/A 278 Ultimate Frisbee IV | Student will be able to communicate where the play is to go from thrower to receiver based on quickness of players, height of players, and the score of the game. (ISLO 1) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) |  |  |
| Student will be able to make offensive adjustments on the field to out strategize any opponent. (ISLO 4) |  |  |
| ES/A 280 Beginning Hiking for Fitness | Read a hiking map and identify trails. (ISLO 3) | ~~\*SPRING 2019~~ DONE | \*FALL 2019 |
| Students will use proper hiking safety precautions. (ISLO 5) |  |  |
| Students will calculate their resting and target heart rate and analyze how both change during the course of the semester. (ISLO 5) |  |  |
| Hiking will be done as a group with diverse levels of fitness. Students will be required to work with each other to successfully complete the hike together. (ISLO 9) |  |  |
| ES/A 281 Intermediate Hiking for Fitness | Read a hiking map and identify trails. (ISLO 3) | \*SPRING 2019 | \*FALL 2019 |
| Students will use proper hiking safety precautions. (ISLO 5) |  |  |
| Students will calculate their resting and target heart rate and analyze how both change during the course of the semester. (ISLO 5) |  |  |

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|  | Hiking will be done as a group with diverse levels of fitness. Students will be required to work with each other to successfully complete the hike together. (ISLO 9) |  |  |
| ES/A 282 Outdoor Activity and Education | Student will read pamphlets pertaining to the Tijuana watershed and identify land animals during hikes. (ISLO 3) | \*SPRING 2019  only need to measure 3 CSLOs | \*FALL 2019 |
| Student's will prepare a conservation paper using the information gained from the course as well as incorporating their own personal ideas about conservation efforts. (ISLO 4) |  |  |
| Student's will take hikes and kayak with classmates and work together to do both safely. (ISLO 9) |  |  |
| Student's will be able to identify local plants while on hikes and analyze their abundance or rarity.  (ISLO 7) |  |  |
| ES/A 284 Pickleball I | Understanding and comprehension of rules and safety elements of the game of pickleball. (ISLO 3) | \*SPRING 2019 | \*FALL 2019 |
| Work cooperatively with other students in a diverse skill classroom setting. (ISLO 5) |  |  |
| ES/A 285 Futsal I | At the completion of ES/A 285, students will demonstrate and self-analyze errors in futsal ball skills, game strategies, and tactics and identify methods of adjustment to enhance performance at an introductory level by scoring a 70% or higher on a self-assessment. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of ES/A 285, students will examine and demonstrate appreciation of appropriate safety requirements and injury prevention protocols for futsal at an introductory level by scoring 70% or higher on an assessment. (ISLO 4) |  |  |
| ES/A 286 Futsal II | At the completion of ES/A 286, students will self-analyze errors in futsal ball skills, game strategies and tactics, and identify methods of adjustment to enhance performance at an intermediate level by scoring a 80% or higher on a self-assessment (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of ES/A 286, students will examine and demonstrate appropriate safety practices and injury prevention protocols for futsal at an intermediate level by scoring 80% or higher on an assessment. (ISLO 7) |  |  |

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| ES/A 287 Futsal III | At the completion of ES/A 287, students will self-analyze errors in futsal ball skills, game strategies and tactics, and identify methods of adjustment to enhance performance by scoring an 85% or higher on a self-assessment. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of ES/A 287, students will examine and demonstrate knowledge of appropriate safety requirements, injury prevention protocols, rules, and field positions for the intermediate futsal level player by scoring 85% or higher on an assessment. (ISLO 7) |  |  |
| ES/A 288 Futsal IV | At the completion of ES/A 287, students will self-analyze errors in advanced futsal ball skills, game strategies and tactics, and identify methods of adjustment to enhance performance by scoring an 90% or higher on a self-assessment. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of ES/A 287, students will examine and demonstrate knowledge of appropriate safety requirements, injury prevention protocols, rules, and field positions for the advanced-level futsal player by scoring 90% or higher on an assessment. (ISLO 7) |  |  |
| ES/A 295A Zumba | Student will be able to determine target heart rate percentage using the Karvonen formula. (ISLO 4) | \*SPRING 2019 | \*FALL 2019 |
| The student will be able to perform a 10 minute instructional piece using two of the four core Zumba steps. (ISLO 9) |  |  |
| ES/A 295B Kickboxing | Student will be able to create, deconstruct and demonstrate an offensive striking combination to their instructor and peers. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Students will be able to categorize different striking techniques and outline proper biomechanics for each strike. (ISLO 3) |  |  |
| Student will be able to compose a short narrative and illustrate the positive effects of cardiovascular endurance, muscle development and flexibility. (ISLO 7) |  |  |
| ES/A 295C Suspension Training and Resistance | Demonstrate proficiency in a variety of Total Body Resistance Training (TRX) exercises at a basic level. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Student will demonstrate knowledge thru creation and presentation of a series of exercises and will evaluate exercises of others. (ISLO 4) |  |  |
| Students will be able to implement social and ethical standards within an exercise class. (ISLO 9) |  |  |

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| ES/I |  |  |  |
| ES/I 101 Intercollegiate Baseball-NP  \*SPRING ONLY | Student will evaluate their skill development by writing a weekly self evaluation. Student will analyze a game video tape and explain the offenses and defenses played by each team. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Student will demonstrate improved offensive skills as measured by a pre and post skills test. Student will apply advanced offensive skills during practice sessions. Student will demonstrate improved defensive skills as measure by a pre and post skills test. Student will apply advanced defensive skills during practice sessions. Student will show improved ability to adapt individual skills to various types of offensive and defensive skills. (ISLO 5) |  |  |
| ES/I 102 Intercollegiate Baseball I  \*SPRING ONLY | Student will show a knowledge of the rules of baseball through participation in daily practice and games. Student will exhibit improved muscular strength and endurance during intercollegiate competition. Student will demonstrate improved flexibility, agility and speed during intercollegiate competition. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Student will demonstrate improved ability to execute advanced offensive skills during a pre and post test.Student will apply and evaluate advanced offensive and defensive skills at the various positions on the field during class participation. Student will demonstrate improved ability to execute basic skills in offensive and defensive positions during class competition. Student will show ability to adapt his individual skills to various types of defenses and team offense. Student will apply skills of throwing, running and catching by making 80% of the throws during a run catch drill. Student will maintain eligibility by maintaining a 2.0 G.P.A. and enroll in at least 12 units during the semester of the sport. (ISLO 5) |  |  |
| ES/I 103 Intercollegiate Baseball II  \*SPRING ONLY | Student will acquire knowledge of the strategy involved in baseball at collegiate level by participating in scheduled games. Student will maintain eligibility by maintaining a 2.0 G.P.A. and enroll in 12 units during the sport. Student will demonstrate improved cardiovascular endurance in intercollegiate competition. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |

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|  | Student will demonstrate improved ability to execute offensive skills comparing pre-test results with post-test results. Student will show improvement in training and physical conditioning by comparing the results of a pre-test to a post-test. Student will exhibit defensive skills in infield and outfield practice during intra squad games. Student will acquire knowledge of the strategy involved in baseball at collegiate level by participating in scheduled games. Student will acquire  specific techniques for his position in baseball  - pitching, catching, etc., by participating in scheduled games. Student will develop specific skills in enhance his performance in the sport of baseball, to be demonstrated in intercollegiate competition. Student will apply skills in throwing, running and catching by making 90% of the throws during a run-catch drill. (ISLO 5) |  |  |
| ES/I 104 Intercollegiate Basketball-NP  \*FALL ONLY | Student will display comprehension of statistical referencing during games and be able to apply information in games. (ISLO 5) | **\*FALL 2018** | \*FALL 2019 |
| Students will demonstrate shooting skills from both the lane and from outside the lane depending upon the defense of the opponent is playing. (ISLO 5) |  |  |
| ES/I 105 Intercollegiate Basketball-NP  \*SPRING ONLY | Identify attainable goals needed for progression to the next level. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Development of the foundation skills necessary to compete at the inter-collegiate level. (ISLO 5) |  |  |
| ES/I 106 Intercollegiate Basketball I  \*FALL ONLY | Identify attainable goals needed for progression to the next level. (ISLO 5) | **\*FALL 2018** | \*FALL 2019 |
| Development of the foundation skills necessary to compete at the inter-collegiate level. (ISLO 5) |  |  |
| ES/I 107 Intercollegiate Basketball II  \*SPRING ONLY | Demonstrate positive communication with teammates, coaches, opponents and officials. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Execute offensive and defensive fundamentals at a competent level. (ISLO 5) |  |  |
| ES/I 108 Intercollegiate Basketball III  \*FALL ONLY | Perform to the highest level of sportsmanship. (ISLO 5) | **\*FALL 2018** | \*FALL 2019 |
| Execute offensive and defensive fundamentals at an advanced level. (ISLO 5) |  |  |
| ES/I 109 Intercollegiate Basketball IV | Perform to the highest level of sportsmanship. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |

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| \*SPRING ONLY | Execute offensive and defensive fundamentals at an advanced level. (ISLO 5) |  |  |
| ES/I 110 Intercollegiate Cross Country-NP  \*FALL ONLY | Students through lecture, demonstration and written handouts will be able to verbally describe and physically demonstrate the proper set up and take down of a competition Cross Country match. (ISLO 1) | **\*FALL 2018** | \*FALL 2019 |
| Students through lecture, demonstration and written handouts will be able to verbally describe and physically demonstrate the proper techniques used for statistical analysis of a Cross Country match. (ISLO 6) |  |  |
| ES/I 111 Intercollegiate Cross Country I  \*FALL ONLY | Student will master the fundamental techniques of running uphill, down hill and on flat surface on a cross country course. (ISLO 5) | **\*FALL 2018** | \*FALL 2019 |
| Student will demonstrate increase oxygen uptake efficient shoulder drive and good pace judgement to improve individual placement in a cross country meet. (ISLO 5) |  |  |
| ES/I 112 Intercollegiate Cross Country II  \*FALL ONLY | Student will understand through lecture and handouts the safety requirements in an athletic environment. (ISLO 1) | \***FALL 2018** | \*FALL 2019 |
| Students through lecture, demonstration and written handouts will be able to verbally describe and physically demonstrate the various strategies used during a season of competition in Cross Country. (ISLO 4) |  |  |
| Students through lecture, observation, demonstration and written handouts will be able to analyze, verbally describe and physically demonstrate the competitive strategies and tendencies of an opponent’s team. (ISLO 6) |  |  |
| ES/I 113 Intercollegiate Football-NP 03/11/2015  \*FALL ONLY | Students will demonstrate the ability to recognize and apply fundamental terminology of football by passing with a grade of 75% or better on a written exam or demonstration. (ISLO 2) | **\*FALL 2018**  **only need to measure 3 CSLOs** | \*FALL 2019 |
| Students will pass the safety requirements with a grade of 75% in an exercise environment. (ISLO 2) |  |  |
| Students will be able to execute correct alignment and techniques of opponents scout cards. (ISLO 4) |  |  |
| Student will demonstrate sportsmanship and accountability as they work with a diverse group of students. (ISLO 9) |  |  |

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| ES/I 114 Intercollegiate Football I  \*FALL ONLY | Students will be able to communicate strategic calls and adjustments with their teammates related to football terminology. (ISLO 2) | **\*FALL 2018**  **only need to measure 3 CSLOs** | \*FALL 2019 |
| Students will pass the safety requirements with a grade of 85% or better in an intercollegiate practice environment. (ISLO 5) |  |  |
| Students will demonstrate the ability to recognize and apply fundamental terminology of football by passing with a grade of 85% or better on a written exam or performance. (ISLO 5) |  |  |
| Demonstrate the ability to evaluate interpersonal situations and apply leadership skills appropriately. (ISLO 9) |  |  |
| ES/I 115 Intercollegiate Football II  \*FALL ONLY | Student will demonstrate safety applications in an intercollegiate practice environment by passing a safety exam with a 90% or better score. (ISLO 2) | **\*FALL 2018** | \*FALL 2019 |
| Students will be able to communicate strategic calls and adjustments with their teammates related to football terminology. (ISLO 5) |  |  |
| Student will demonstrate sportsmanship and accountability as they work with a diverse group of students. (ISLO 9) |  |  |
| Student will demonstrate knowledge of football terminology, by passing an application exam with a 90% or better score. (ISLO 7) |  |  |
| ES/I 116 Intercollegiate Soccer-NP  \*FALL ONLY | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) | **\*FALL 2018** | \*FALL 2019 |
| Students will apply their technical skills in combination play. (ISLO 4) |  |  |
| Students will analyze zonal defending and compare man to man marking. (ISLO 5) |  |  |
| ES/I 117 Intercollegiate Soccer I  \*FALL ONLY | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) | **\*FALL 2018** | \*FALL 2019 |
| Students will identify and demonstrate the defensive principles of soccer. (ISLO 4) |  |  |
| Students will identify and analyze the offensive principles of soccer.  (ISLO 5) |  |  |

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| ES/I 118 Intercollegiate Soccer II  \*FALL ONLY | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) | **\*FALL 2018** | \*FALL 2019 |
| Students will identify and analyze the technical and the tactical components of soccer. (ISLO 7) |  |  |
| Students will identify and analyze the physical and psychological components of soccer. (ISLO 8) |  |  |
| ES/I 122 Intercollegiate Tennis-NP  \*SPRING ONLY | Students will be able pass a written test outlining the concepts of competition tennis. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Students will be able to comprehend and assess concepts of competition level tennis in a multiple choice test. (ISLO 3) |  |  |
| ES/I 123 Intercollegiate Tennis I  \*SPRING ONLY | Students will be able to pass a written test outlining the concepts of competition tennis. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Students will be able to comprehend and assess concepts of competition level tennis in a multiple choice test. (ISLO 3) |  |  |
| ES/I 124 Intercollegiate Tennis II  \*SPRING ONLY | Students will be able to pass a written test outlining the concepts of competition tennis. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Students will be able to comprehend and assess concepts of competition level tennis in a multiple choice test. (ISLO 3) |  |  |
| ES/I 125 Intercollegiate Track and Field-Non Participant  \*SPRING ONLY | Students will analyze proper event technique and demonstrate specific phases of sprint, jump or throw. (ISLO 1) | \*SPRING 2019  only need to measure 3 CSLOs | \*FALL 2019 |
| Students will define current techniques used in sport and recognize progressions in event area. (ISLO 2) |  |  |
| Student will research and submit a six page double-spaced paper on a current topic in track and field. (ISLO 3) |  |  |
| At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) |  |  |
| Students will track and document performance improvements and identify specific areas of need for further development. (ISLO 6) |  |  |
| Students will develop specific skills to enhance their performance in track and field and evaluate the outcomes. (ISLO 5) |  |  |

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|  | Students will use electronic media, attend demonstrations and training seminars and summarize, formulate a periodized training plan for their event. (ISLO 7) |  |  |
| ES/I 126 Intercollegiate Track and Field I  \*SPRING ONLY | Students will define current techniques used in sport and recognize progressions in event area. (ISLO 2) | \*SPRING 2019  only need to measure 3 CSLOs | \*FALL 2019 |
| At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) |  |  |
| Students will develop specific skills to enhance their performance in track and field and evaluate the outcomes. (ISLO 5) |  |  |
| Students will use electronic media, attend demonstrations and training seminars and summarize, formulate a periodized training plan for their event. (ISLO 7) |  |  |
| ES/I 127 Intercollegiate Track and Field II  \*SPRING ONLY | Students will define current techniques used in sport and recognize progressions in event area. (ISLO 2) | \*SPRING 2019  only need to measure 3 CSLOs | \*FALL 2019 |
| At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) |  |  |
| Students will develop specific skills to enhance their performance in track and field and evaluate the outcomes. (ISLO 5) |  |  |
| Students will use electronic media, attend demonstrations and training seminars and summarize, formulate a periodized training plan for their event. (ISLO 7) |  |  |
| ES/I 128 Intercollegiate Volleyball NP  \*FALL ONLY | Students will distinguish when to apply overhead or fore arm serve reception techniques and execute the proper form. (ISLO 5) | **\*FALL 2018** | \*FALL 2019 |
|  | At the completion of the volleyball class the student will execute an analysis of volleyball match statistics. (ISLO 5) |  |  |
| ES/I 129 Intercollegiate Volleyball I  \*FALL ONLY | Students will perform an open hand tip and a roll shot and understand when to use them during a set. (ISLO 5) | **\*FALL 2018** | \*FALL 2019 |
| At the completion of the volleyball course, the student will demonstrate correct technique for both a float and jump serve. (ISLO 5) |  |  |

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| ES/I 130 Intercollegiate Volleyball II  \*FALL ONLY | At the completion of the course, student athletes will understand the eligibility process to participate on a team at Southwestern College and the PCAC conference volleyball rules. (ISLO 5) | \*FALL 2018 | \*FALL 2019 |
| At the completion of the course students will understand the advantages and disadvantages of running a 5-1 or a 6-2 offense. (ISLO 5) |  |  |
| ES/I 131 Intercollegiate Softball-NP  \*SPRING ONLY | Student will be able to demonstrate and lead a conditioning warm-up. (ISLO 1) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) |  |  |
| Student will be able to prepare offensively and defensively before the start of a game without the coaches guidance. (ISLO 5) |  |  |
| ES/I 132 Intercollegiate Softball I  \*SPRING ONLY | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Student will demonstrate verbal cues necessary to manage and lead a defensive situation. (ISLO 1) |  |  |
| Student will analyze offensive signals and be able to solve what action needs to be taken in 5 seconds. (ISLO 5) |  |  |
| ES/I 133 Intercollegiate Softball II  \*SPRING ONLY | Student will identify opponents weaknesses and take advantage of them during offense. (ISLO 1) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) |  |  |
| Student will compare and contrast opponents adjustments on offense to create a successful outcome on defense. (ISLO 5) |  |  |
| ES/I 134 Intercollegiate Water Polo NP  \*FALL ONLY | Student will understand through lecture and handouts the safety requirements in and aquatic environment. (ISLO 2) | **\*FALL 2018** | \*FALL 2019 |
| Students through lecture, demonstration and written handouts will be able to verbally describe and physically demonstrate the proper set up and take down of a competition water polo match. (ISLO 2) |  |  |

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|  | Students through lecture, demonstration and written handouts will be able to verbally describe and physically demonstrate the proper techniques used for statistical analysis of a water polo match. (ISLO 5) |  |  |
| ES/I 135 Intercollegiate Water Polo I  \*FALL ONLY | Students through lecture, demonstration and written handouts will be able to develop, verbally describe and physically demonstrate a personalized fitness plan to increase speed and strength over the course of a season of water polo. (ISLO 2) | **\*FALL 2018** | \*FALL 2019 |
| Student will understand through lecture and handouts the safety requirements in and aquatic environment. (ISLO 2) |  |  |
| Students through lecture, demonstration and written handouts will be able to verbally describe and physically demonstrate the techniques used to analyze the offensive and defensive strategies of an opponent. (ISLO 5) |  |  |
| ES/I 136 Intercollegiate Water Polo II  \*FALL ONLY | Students through lecture, demonstration and written handouts will be able to verbally describe and physically demonstrate the various offensive and defensive plays utilized during a season of competition in water polo. (ISLO 2) | **\*FALL 2018** | \*FALL 2019 |
| Student will understand through lecture and handouts the safety requirements in and aquatic environment. (ISLO 2) |  |  |
| Students through lecture, observation, demonstration and written handouts will be able to analyze, verbally describe and physically demonstrate the offensive and defensive strategies and tendencies of an opponent's man up and man down schemes. (ISLO 5) |  |  |
| ES/I 137 Intercollegiate Swimming and Diving Non- Participant  \*SPRING ONLY | At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an exercise environment for the sport of Swim and Dive at an introductory level by obtaining a passing score of 75% on a written test. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Students will demonstrate knowledge of the history, techniques, terminology, tactics, statistical analysis and rules used in the sport of Swim and Dive at an introductory level by obtaining a passing score of 75% on a written test. (ISLO 2) |  |  |

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| ES/I 138 Intercollegiate Swimming and Diving I  \*SPRING ONLY | Students will demonstrate knowledge of the history, techniques, terminology, tactics, statistical analysis and rules used in the sport of Swim and Dive at a first year level by obtaining a passing score of 85% on a written test. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an exercise environment for the sport of Swim and Dive at a first year by obtaining a passing score of 85% on a written test. (ISLO 2) |  |  |
| ES/I 139 Intercollegiate Swimming and Diving II  \*SPRING ONLY | Students will demonstrate knowledge of the history, techniques, terminology, tactics, statistical analysis and rules used in the sport of Swim and Dive at a second year level by obtaining a passing score of 95% on a written test. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course through lecture and handouts, students will understand the safety requirements in an exercise environment for the sport of Swim and Dive at a second year by obtaining a passing score of 95% on a written test. (ISLO 2) |  |  |
| ES/L |  |  |  |
| ES/L 101 Adaptive Aquatic Sport  \*not in WebAdvisor this academic year | Summarize improvements in fitness and aquatic skills. (ISLO 2) | n/a | n/a |
| Choose one aquatic sport, identify at least two personal challenges, and appraise adaptations that address those challenges. (ISLO 5) |  |  |
| ES/L 106 Adapted Flexibility Fitness  \*not in WebAdvisor this academic year | Demonstrate two stretches to the class and identify corresponding muscles. (ISLO 2) | n/a | n/a |
| Design a home flexibility workout plan that follows safe and progressive exercise principles.  (ISLO 4) |  |  |
| ES/L 113 Adapted Personalized Fitness  \*offered both semesters | Exhibit improvements in areas of fitness and discuss challenges and benefits in reaching personalized exercise plan goals. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Follow safe and progressive fitness principles when designing a Personalize Exercise Plan. (ISLO 5) |  |  |
| ES/L 121 Adapted Aquatic Fitness | Design and implement an aquatic exercise session to other students in the class. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |

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| \*offered both semesters | Explain the safety and exercise progression guidelines for training in an aquatic environment. (ISLO 5) |  |  |
| ES/L 122 Adapted Swimming  \*not in WebAdvisor this academic year | Design, implement, and evaluate a 15-minute segment of a longer workout. (ISLO 4) | n/a | n/a |
| Research a community aquatic center and discuss accessibility and programs for individuals with disabilities. (ISLO 7) |  |  |
| ES/T |  |  |  |
| ES/T 107 Fitness Assessment and Laboratory  \*SPRING ONLY | Identify fitness level by comparing starting level of muscular endurance, muscular strength, body fat, strength, flexibility to find level of each. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Use standardized fitness scores to create an exercise program specific to an individual's personal needs. (ISLO 5) |  |  |
| Develop the skills to test others as well as self and devise recommendations for improvements based on test results. (ISLO 5) |  |  |
| ES/T 108 Theory and Application of Conditioning: Basketball I  \*offered both semesters | \*CSLOs not available on Curricunet. but they are below in ES/T 109 | \*SPRING 2019 | \*FALL 2019 |
| ES/T 109 Theory and Application of Conditioning: Basketball II  \*offered both semesters | Develop an understanding of the nutritional needs and added health and wellness issues that impact competition. (ISLO 4) | \*SPRING 2019 | \*FALL 2019 |
| Extend their current fitness level by incorporating advanced training techniques into their workouts. (ISLO 5) |  |  |
| ES/T 110 THEORY AND APPLICATION OF CONDITIONING: BASKETBALL III  \*offered both semesters | Identify personal health and fitness needs necessary for performance at a high level of intercollegiate competition. (ISLO 1) | \*SPRING 2019 | \*FALL 2019 |
| Development of fitness and skill level necessary to compete at an advanced competency level. (ISLO 4) |  |  |
| ES/T 111 Theory and Application of Conditioning: Baseball  \*FALL ONLY | Student will demonstrate a 40 percent increase in overall muscle strength as measured by pre and post strength tests using free weights.  Student will understand and employ proper health and safety standards, including conditioning, for participation in moderate to vigorous exercise. Student will be able to exhibit a 40 percent improvement in overall speed in the 60 yard dash measured by pre- and post-time testing. Student will be able to apply knowledge of baseball rules at least 70 percent of the time during intra-squad competitions. (ISLO 2) | **\*FALL 2018** | \*FALL 2019 |

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|  | At the completion of the exercise science course, students will understand the safety requirements in an exercise environment. (ISLO 2) |  |  |
| Student will demonstrate and perform the following skills in a game situation: throwing, fielding, and hitting with a performance level in the top 50% of the class based on the coaches opinion. (ISLO 5) |  |  |
| ES/T 112 Theory and Application of Conditioning: Baseball II  \*FALL ONLY | Student will demonstrate a 30 percent increase in overall muscle strength as measured by pre and post strength tests using free weights.  Student will understand and employ proper health and safety standards, including conditioning, for participation in moderate to vigorous exercise. (ISLO 2) | **\*FALL 2018**  **only need to measure 3 CSLOs** | \*FALL 2019 |
| At the completion of the exercise science course, students will understand the safety requirements in an exercise environment. (ISLO 2) |  |  |
| Student will be able to exhibit a 30 percent improvement in overall speed in the 60 yard dash measured by pre- and post-time testing. Student will demonstrate and perform the following skills in a game situation: throwing, fielding, and hitting with a performance level in the top 50% of the class based on the coaches opinion. Student will be able to apply knowledge of baseball rules at least 70 percent of the time during intra-squad competitions. (ISLO 5) |  |  |
| Student will exhibit and require proper etiquette and sportsmanship in drills and game play of self and others 90% of the time based on a peer evaluation. (ISLO 9) |  |  |
| ES/T 113 Theory and Application of Conditioning: Baseball III  \*FALL ONLY | Student will be able to apply knowledge of baseball rules at least 70 percent of the time during intra-squad competitions. (ISLO 2) | **\*FALL 2018**  **only need to measure 3 CSLOs** | \*FALL 2019 |
| At the completion of the exercise science course, students will understand the safety requirements in an exercise environment. (ISLO 2) |  |  |

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|  | Student will demonstrate a 30 percent increase in overall muscle strength as measured by pre and post strength tests using free weights.  Student will understand and employ proper health and safety standards, including conditioning, for participation in moderate to vigorous exercise. Student will be able to exhibit a 30 percent improvement in overall speed in the 60 yard dash measured by pre- and post-time testing. Student will demonstrate and perform the following skills in a game situation: throwing, fielding, and hitting with a performance level in the top 50% of the class based on the coaches opinion. (ISLO 5) |  |  |
| Student will exhibit and require proper etiquette and sportsmanship in drills and game play of self and others 90% of the time based on a peer evaluation. (ISLO 9) |  |  |
| ES/T 114 Theory and Application of Conditioning: Football I  \*SPRING ONLY | Student will be able to recognize and apply fundamental terminology and principles of football. Students will pass an exam with a score of 70% or better. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. Students will pass an exam with a score of 70% or better. (ISLO 2\_ |  |  |
| Student will demonstrate proper technique and strength for football's core strength movements: The Hang clean, the Squat and the Bench press. (ISLO 7) |  |  |
| ES/T 115 Theory and Application of Conditioning: Football II  \*SPRING ONLY | Student will be able to recognize and apply fundamental terminology and principles of football. Students will pass an exam with a score of 80% or better. (ISLO 3) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. Students will pass an exam with an 80% or better score. (ISLO 2) |  |  |
| Student will demonstrate proper technique and strength for football's core strength movements: The Hang clean, the Squat and the Bench press. (ISLO 5) |  |  |
| ES/T 116 Theory and Application of Conditioning: Football III | Student will be able to recognize and apply fundamental terminology and principles of football. Students will pass an exam with a score of 90% or better. (ISLO 2) |  |  |

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| \*SPRING ONLY | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. Students will pass an exam with a 90% or better score. (ISLO 2) |  |  |
| Student will demonstrate proper technique and strength for football's core strength movements: The Hang clean, the Squat and the Bench press. (ISLO 5) |  |  |
| ES/T 117 Theory and Application of Conditioning: Tennis I  \*FALL ONLY | Student will demonstrate basic technique and positioning for a Forehand and backhand groundstroke. (ISLO 2) | **\*FALL 2018** | \*FALL 2019 |
| Student will demonstrate a proper warm up and cool down before each conditioning workout for Tennis Method(s) of Assessment Oral presentation Demonstration Performance. (ISLO 5) |  |  |
| ES/T 118 Theory and Application of Conditioning: Tennis II  \*FALL ONLY | Student will demonstrate a strong mental game offensively by not reacting negatively to a referee's call. (ISLO 2) | **\*FALL 2018** | \*FALL 2019 |
| Student will demonstrate effective serving and return serves in regards to opponents positioning. (ISLO 5) |  |  |
| ES/T 119 Theory and Application of Conditioning: Tennis III  \*FALL ONLY | Student will demonstrate and discuss a pre match preparation warm-up. (ISLO 2) | **\*FALL 2018** | \*FALL 2019 |
| Student will Demonstrate effective leadership skills in analyzing other students pre-match warm-ups. (ISLO 5) |  |  |
| ES/T 120 Theory and Application of Conditioning: Volleyball I  \*SPRING ONLY | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the first level volleyball theory course, students will pass a written exam identifying volleyball related strength exercises with a passing grade of 70% or better. (ISLO 5) |  |  |
| ES/T 121 Theory and Application of Conditioning: Volleyball II  \*SPRING ONLY | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the second level volleyball theory course, students will pass a written exam identifying volleyball related strength exercises with a passing grade of 75% or better. (ISLO 5) |  |  |
| ES/T 122 Theory and Application of Conditioning: Volleyball III | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |

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| \*SPRING ONLY | At the completion of the third level volleyball theory course, students will pass a written exam identifying volleyball related strength exercises with a passing grade of 90% or better. (ISLO 5) |  |  |
| ES/T 123 Theory and Application of Conditioning: Soccer I  \*SPRING ONLY | Discus and explain the general tactics in attach, defense, and midfield. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Plan and demonstrate agility exercises without a soccer ball and agility exercises with a soccer ball. (ISLO 4) |  |  |
| ES/T 124 Theory and Application of Conditioning: Soccer II  \*SPRING ONLY | Discus and explain the general tactics in attach, defense, and midfield. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Plan and demonstrate agility exercises without a soccer ball and agility exercises with a soccer ball. (ISLO 4) |  |  |
| ES/T 125 Theory and Application of Conditioning: Soccer III  \*SPRING ONLY | Students through lecture, demonstration and written handouts will be able to verbally describe and physically demonstrate the fundamentals of transition offense and defense for the sport of soccer. (ISLO 1) | \*SPRING 2019 | \*FALL 2019 |
| Students through lecture, demonstration and written handouts will be able to verbally describe and physically demonstrate the proper techniques used in soccer to increase skill and speed during the course of a soccer season. (ISLO 4) |  |  |
| Student will understand through lecture and handouts the safety requirements in an athletic environment. (ISLO 5) |  |  |
| ES/T 126 Theory and Application of Conditioning  —Track and Field I  \*FALL ONLY | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) | **\*FALL 2018**  **only need to measure 3 CSLOs** | \*FALL 2019 |
| Students will define current techiques used in sport and recognize performance progressions in multiple event areas. (ISLO 2) |  |  |
| Student will research and submit a six page double-spaced paper on current topic in track and field. (ISLO 3) |  |  |
| Students will develop specific skills to enhance their performance in track and field and evaluate the outcomes. (ISLO 5) |  |  |
| Students will use electronic media, attend demonstrations and training seminars in order to summarize and formulate a periodized training plan for their event. (ISLO 7) |  |  |

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| ES/T 127 Theory and Application of Conditioning---Track and Field II  \*FALL ONLY | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) | **\*FALL 2018**  **only need to measure 3 CSLOs** | \*FALL 2019 |
| Students will define current techniques used in sport and recognize performance progressions in multiple event areas. (ISLO 2) |  |  |
| Student will research and submit a sex page double-spaced paper on a current topic in track and field. (ISLO 3) |  |  |
| Students will develop specific skills to enhance their performance in track and field and evaluate the outcomes. (ISLO 5) |  |  |
| Students will monitor and evaluate current articles related to sport and assess how topics are being utilized in training of elite level athletes. (ISLO 8) |  |  |
| Students will use electronic media, attend demonstrations and training seminars in order to summarize and formulate a periodized training plan for their event. (ISLO 7) |  |  |
| ES/T 128 Theory and Application of Conditioning---Track and Field III  \*FALL ONLY | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) | **\*FALL 2018**  **only need to measure 3 CSLOs** | \*FALL 2019 |
| Students will define current techinques used in sport and recognize performance progressions in multiple event areas. (ISLO 2) |  |  |
| Students will research and submit two six page double-spaced papers on current topics related to track and field. (ISLO 3) |  |  |
| Students will develop specific skill to enhance their performance in track and field and evaluate the outcomes. (ISLO 5) |  |  |
| Students will use electronic media, attend demonstrations and training seminars in order to summarize and formulate a periodized training plan for their event. (ISLO 7) |  |  |
| Students will monitor and evaluate current articles related to sport and assess how topics are being utilized in training of elite level athletes. (ISLO 8) |  |  |
| ES/T 129 Theory and Application of Conditioning: Cross Country I | Student will exhibit cardio-respiratory and aerobic fitness improvement by a measured increase in training pace to 60-75% of maximum heart rate. (ISLO 5) | n/a | n/a |

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| \*not in WebAdvisor this academic year | Students will select and identify the appropriate safety protocols for Cross Country training and distinguish the correct exercises for various muscle groups. (ISLO 4) |  |  |
| Student will perform correct stretching techniques of the major muscle groups and joints of the lower body. (ISLO 5) |  |  |
| ES/T 130 Theory and Application of Conditioning: Cross Country II  \*not in WebAdvisor this academic year | Student will identify and perform various activities in the three phases of cross country training namely: endurance, strength and speed. (ISLO 5) | n/a | n/a |
| Student will identify and demonstrate accurately the three phases of running namely: the support phase, the drive phase and the recovery phase. (ISLO 5) |  |  |
| ES/T 131 Theory and Application of Conditioning: Cross Country III  \*not in WebAdvisor this academic year | Students will prepare five(5)days pre-season cross country training routine with particular emphasis on cardiovascular fitness for beginning intercollegiate cross country runners. (ISLO 2) | n/a | n/a |
| Students will apply wrist relaxation and shoulder flexibility to improve stride length and stride frequency. (ISLO 2) |  |  |
| Students will apply proper running techniques and constant hydration to prevent repetitive injuries and heat exhaustion. (ISLO 2) |  |  |
| ES/T 132 Theory and Application of Conditioning: Softball  \*FALL ONLY | Student will apply basic methods to full body strengthening for the sport of softball. (ISLO 2) | **\*FALL 2018** | \*FALL 2019 |
| Student will demonstrate a proper warm up and cool down before each conditioning workout for softball. (ISLO 5) |  |  |
| ES/T 133 Theory and Application of Conditioning: Softball II  \*FALL ONLY | Student will demonstrate a strong mental game offensively by not reacting negatively to an umpire's call. (ISLO 2) | \***FALL 2018** | \*FALL 2019 |
| Student will illustrate aggressive base-running during a game of softball. (ISLO 5) |  |  |
| ES/T 134 Theory and Application of Conditioning: Softball III  \*FALL ONLY | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) | **\*FALL 2018** | \*FALL 2019 |
| Student will identify the necessary adjustments in an offensive swing on video. (ISLO 1) |  |  |
| Student will compare and contrast a poor swing from a good swing using video analysis. (ISLO 5) |  |  |

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| ES/T 135 Introduction to Exercise Physiology  \*offered both semesters | At the end of this Exercise Physiology course the student will be able to describe and illustrate the sliding filament theory. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course, students will understand and describe the pathway deoxygenated blood travels through the heart and lungs to become oxygenated to re-enter the bodies systems. (ISLO 5) |  |  |
| ES/T 136 Techniques of Weight Training  \*offered both semesters | At that end of this techniques of weight training course a student will be able to distinguish between proper and in proper exercise technique. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course, students will be to identify and illustrate a program design for resistance training. (ISLO 5) |  |  |
| ES/T 137 Exercise for Special Populations  \*offered both semesters | Evaluate a client's risk factors for coronary artery disease and discuss exercise implications. (ISLO 4) | \*SPRING 2019 | \*FALL 2019 |
| Utilize appropriate exercise guidelines in order to implement an individualized exercise program for a person with a chronic disease or disability. (ISLO 10) |  |  |
| ES/T 138 Techniques of Exercise Leadership  \*offered both semesters | Students will identify and analyze qualities of student centered and teacher centered teaching and effective program design with respect to a group exercise session. (ISLO 4) | \*SPRING 2019 | \*FALL 2019 |
| Students will identify,analyze and teach the proper segments of a group exercise class. (ISLO 7) |  |  |
| ES/T 139 Fitness Specialist Internship  \*not in WebAdvisor this academic year | At the completion of this Exercise Science course a student will be able to identify and distinguish risk factor stratifications. (ISLO 5) |  |  |
| At the completion of the Exercise Science course, students will be able to successfully interview, assess and design an exercise program for a healthy individual with no apparent contraindications to exercise. (ISLO 5) |  |  |
| ES/T 140 Introduction to Applied Kinesiology  \*offered both semesters | At the completion of this Exercise Science course a student will be able to identify all movements that take place in the three cardinal planes of motion. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| At the completion of the Exercise Science course, students will be able to distinguish and classify a first, second and third class lever as it pertains to a specific movement. (ISLO 5) |  |  |

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| ES/T 141 Theory and Application of Conditioning: Water Polo I  \*SPRING ONLY | Students will demonstrate knowledge of the history, techniques, terminology, tactics, statistical analysis and rules used in the sport of Water Polo at an introductory level by obtaining a passing score of 65% on a written test. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will apply knowledge of the safety requirements, sport specific conditioning and protocols for participation including warm-ups and drills used in the sport of Water Polo at an introductory level by obtaining a passing score of 65% on a written test. (ISLO 5) |  |  |
| ES/T 142 Theory and Application of Conditioning: Water Polo II  \*SPRING ONLY | Students will demonstrate knowledge of the history, techniques, terminology, tactics, statistical analysis and rules used in the sport of Water Polo at a beginning level by obtaining a passing score of 75% on a written test. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will apply knowledge of the safety requirements, sport specific conditioning and protocols for participation including warm-ups and drills used in the sport of Water Polo at a beginning level by obtaining a passing score of 75% on a written test. (ISLO 5) |  |  |
| ES/T 143 Theory and Application of Conditioning: Water Polo III  \*SPRING ONLY | Students will demonstrate knowledge of the history, techniques, terminology, tactics, statistical analysis and rules used in the sport of Water Polo at an intermediate level by obtaining a passing score of 85% on a written test. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will apply knowledge of the safety requirements, sport specific conditioning and protocols for participation including warm-ups and drills used in the sport of Water Polo at an intermediate level by obtaining a passing score of 85% on a written test. (ISLO 5) |  |  |
| ES/T 144 Theory and Application of Conditioning: Water Polo IV  \*SPRING ONLY | Students will apply knowledge of the safety requirements, sport specific conditioning and protocols for participation including warm-ups and drills used in the sport of Water Polo at an advanced level by obtaining a passing score of 95% on a written test. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Students will demonstrate knowledge of the history, techniques, terminology, tactics, statistical analysis and rules used in the sport of Water Polo at an advanced level by obtaining a passing score of 95% on a written test. (ISLO 5) |  |  |

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| ES/T 145 Theory and Conditioning of Swim and Dive I  \*FALL ONLY | Students will apply knowledge of the safety requirements, sport specific conditioning and protocols for participation including warm-ups and drills used in the sport of Swim and Dive at an introductory level by obtaining a passing score of 65% on a written test. (ISLO 5) | \***FALL 2018** | \*FALL 2019 |
| Students will demonstrate knowledge of the history, techniques, terminology, tactics, statistical analysis and rules used in the sport of Swim and Dive at an introductory level by obtaining a passing score of 65% on a written test. (ISLO 5) |  |  |
| ES/T 146 Theory and Conditioning of Swim and Dive II  \*FALL ONLY | Students will demonstrate knowledge of the history, techniques, terminology, tactics, statistical analysis and rules used in the sport of Swim and Dive at a beginning level by obtaining a passing score of 75% on a written test. (ISLO 5) | **\*FALL 2018** | \*FALL 2019 |
| Students will apply knowledge of the safety requirements, sport specific conditioning and protocols for participation including warm-ups and drills used in the sport of Swim and Dive at a beginning level by obtaining a passing score of 75% on a written test. (ISLO 5) |  |  |
| ES/T 147 Theory and Conditioning of Swim and Dive III  \*FALL ONLY | Students will apply knowledge of the safety requirements, sport specific conditioning and protocols for participation including warm-ups and drills used in the sport of Swim and Dive at an intermediate level by obtaining a passing score 85% on a written test. (ISLO 5) | **\*FALL 2018** | \*FALL 2019 |
| Students will demonstrate knowledge of the history, techniques, terminology, tactics, statistical analysis and rules used in the sport of Swim and Dive at an intermediate level by obtaining a passing score of 85% on a written test. (ISLO 5) |  |  |
| ES/T 148 Theory and Conditioning of Swim and Dive IV  \*FALL ONLY | Students will apply knowledge of the safety requirements, sport specific conditioning and protocols for participation including warm-ups and drills used in the sport of Swim and Dive at an advanced level by obtaining a passing score 95% on a written test. (ISLO 5) | **\*FALL 2018** | \*FALL 2019 |
| Students will demonstrate knowledge of the history, techniques, terminology, tactics, statistical analysis and rules used in the sport of Swim and Dive at an advanced level by obtaining a passing score of 95% on a written test. (ISLO 5) |  |  |
| ES/T 149 Theory and Technical Analysis of Offensive Soccer  \*not in WebAdvisor this | At the completion of ES/T 149, students will demonstrate knowledge of soccer terminology and game situations by passing with a grade of 80% or better on an in-class demonstration. (ISLO 2) |  |  |

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| academic year | At the completion of ES/T 149, students will create and demonstrate a written practice plan to execute with class participants. (ISLO 4) |  |  |
| ES/T 200 Physical Education for Elementary School  \*SPRING ONLY | At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Students will develop a philosophy of physical education for children in the elementary school environment. (ISLO 5) |  |  |
| Students will cite the National Association for Sport and Physical Education's (NASPE) National Standards for Physical Education. (ISLO 7) |  |  |
| ES/T 201 Women's Self- defense, Health, and Fitness  \*FALL ONLY | Identify potentially dangerous situations wherein a person's physical harm is at stake. (ISLO 1) | \***FALL 2018** | \*FALL 2019 |
| Create a personal fitness plan that includes martial arts and self defense principles. (ISLO 5) |  |  |
| Demonstrate basic martial arts and counter attacks that could defend a person in common crimes committed in the community and lives of our students. (ISLO 11) |  |  |
| ES/T 202 Introduction to Kinesiology  \*offered both semesters | Students will describe how the energy systems of our body work during exercise by passing with a score of 75% or better on a written test. (ISLO 2) | \*SPRING 2019 | \*FALL 2019 |
| Students will demonstrate knowledge of the study of Kinesiology by passing with a score of 75% or better on a written test. (ISLO 3) |  |  |
| Students will design an exercise program for teaching physical education for physical fitness and sport skill development. (ISLO 4) |  |  |
| ES/T 204 Theory and Technical Analysis of Offensive Football  \*FALL ONLY | Students will demonstrate knowledge of football terminology and game situations by passing with a grade of 80% or better on a demonstration or written exam. (ISLO 2) | **\*FALL 2018**  **only need to measure 3 CSLOs** | \*FALL 2019 |
| Students will pass the safety requirements with a grade of 80% in an exercise environment. (ISLO 2) |  |  |
| Students will be able to read scouting reports and identify critical components of opponent with a grade of 90% or better. (ISLO 3) |  |  |
| Student will demonstrate opponent's personnel and down and distance tendencies for run and pass. With that information, develop a offensive strategy for executing our top runs and passes versus their defense. (ISLO 5) |  |  |

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| ES/T 205 Theory and Technical Analysis of Defensive Football  \*FALL ONLY | Students will pass the safety requirements with a grade of 80% or better in an exercise environment. (ISLO 2) | \*FALL 2018  only need to measure 3 CSLOs | \*FALL 2019 |
| Students will be able to read scouting reports and identify critical components of opponent with a grade of 90% or better. (ISLO 3) |  |  |
| Students will demonstrate knowledge of football terminology and game situations by passing with a grade of 80% or better on a demonstration or written exam. (ISLO 2) |  |  |
| Student will demonstrate opponent's personnel and down and distance tendencies for run and pass. With that information, develop a defensive strategy for defending their top run and pass. (ISLO 5) |  |  |
| ES/T 208 Theory and Technical Analysis of Offensive Volleyball  \*not in WebAdvisor this academic year | Students will create a written practice plan. (ISLO 2) |  |  |
| At the completion of the Exercise Science course, students will understand the safety requirements in an exercise environment. (ISLO 5) |  |  |
| ES/T 250 Prevention and Care of Athletic Injuries  \*offered both semesters | Identify and apply appropriate management for the most common sports injuries. (ISLO 4) | \*SPRING 2019 | \*FALL 2019 |
| Apply athletic taping and wrapping procedures accordingly. (ISLO 5) |  |  |
| Understand how the body responds to injury and the healing process.  (ISLO 8) |  |  |
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| **Program** | **Program-Level Student Learning Outcome (PSLO)** | **Measure/Collect Data** | **Discuss & Plan** |
| **Program Title:** Kinesiology **Program/Certificate Type:** Associate in Arts Transfer Career\Technical (Major Code: 01365) | Student will be able to analyze data from clients in regards to strength, flexibility, cardio- respiratory endurance, and body composition in order to create an individual fitness program. (PSLO 5) | \*SPRING 2019 | \*FALL 2019 |
| **Program Title:** Exercise Science **Program/Certificate Type:** Associate in Arts  Transfer Preparation (Major Code: A1360) | Student will learn how the body responds to exercise demands and the positive benefits, known as training effects, that can be achieved through healthy exercise habits. (PSLO 4) | \*SPRING 2019 | \*FALL 2019 |
| Student will be able to differentiate between cardio-respiratory exercise and muscle strength and endurance exercise and how those components make up physical fitness. (PSLO 5) |  |  |

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| **Program Title:** Fitness Specialist Certification- Basic  **Program/Certificate Type:** Certificate of Proficiency Major Code: 01361 | Student will be able to create an effective and safe exercise program based on observation, client assessment and risk stratification to improve fitness level of target population. (PSLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Student will learn teaching methodologies needed to implement exercise programs to target populations in various fitness settings. (PSLO 5) |  |  |
| **Program Title**: Fitness Specialist Certification- Advanced **Program/Certificate**: Certificate of Achievement Major Code: 01362 | Students will learn the aspects of a variety of diverse situations in the fitness setting with respect to CPR and first aid, risk assessment and basic protocol of injury management. (ISLO 5) | \*SPRING 2019 | \*FALL 2019 |
| Student will learn teaching methodologies needed to implement exercise programs to target populations in various fitness settings. (ISLO 5) |  |  |
| Student will be able to create an effective and safe exercise program based on observation, client assessment and risk stratification to improve fitness level of target population. (ISLO 5) |  |  |

**Directions & Helpful Hints**

In the spaces provided on the timeline, please list course-level and program-level student learning outcomes and when each will be assessed.

**APR/SLO 3-Year Cycle**: The APR/SLO cycle begins with a compressive program review and ends just before the next comprehensive is due.

**Course ID:** Insert course designator (e.g., ENGL 114, MATH 60, COMM 103)

**Course-Level Student Learning Outcome (CSLO):** Write in each CSLO listed on the course outline of record. This can be accessed in CurricUNET.

**Measure:** Insert the semester(s) each CSLO will be measured, and entered into eLumen.

**Discuss & Plan:** State the semester the faculty will meet to discuss assessment results and create action plans as needed.

**Program:** State the program being assessed.

listed.

**Program-Level Student Learning Outcome (PSLO):** State the PSLO(s) for each program

Considerations for Completing the SLO Assessment Timeline:

As per the SCEA contract, “The timeline shall ensure that all SLOs in all sections for each course are to be assessed at least once during the 3-year cycle, with a maximum number of course SLOs per section collected by a Unit member at any one time being three (3)”.

According to the ACCJC Standard II.A.3, “The institution identifies and regularly assesses learning outcomes for courses, programs, certificates. And degrees using established institutional procedures.”