

Course	Student Learning Outcomes	Method(s) of Assessment
<b>DANCE</b>		
<b>DANC 100 Intro to Dance Appreciation</b>	Upon successful completion of DANC 100, Intro to Dance Appreciation, the student will be able to identify different forms of dance studied including modern, ballet, jazz, tap, and ethnic.	Students will correctly identify examples of different dance forms studied in multiple choice exams.
	Upon successful completion of DANC 100, Intro to Dance Appreciation, the student will be able to identify key components of the history of each of the studied dance forms: modern, ballet , jazz, tap, and ethnic.	Students will be able to write a short paragraph on each of the dance forms studied identifying key components to their history.
	Upon successful completion of DANC 100 Intro to Dance Appreciation the student will be able to critique a professional dance concert.	Students will attend a professional dance concert and write a critical essay about the performance.
<b>DANC 101 Intro to Dance World Cultures</b>	Upon successful completion of DANC 101, Intro to Dance World Cultures, the student will be able to identify dances of various cultures.	The student will be given two fill-in-the-blank examinations and identify where various dances come from.
	Upon successful completion of DANC 101, Intro to Dance World Cultures, the student will be able to demonstrate an understanding of the historical roots of various cultural dances.	The student will be given two fill-in-the-blank examinations and identify the historical roots of various cultural dances.
	Upon successful completion of DANC 101, Intro to Dance World Cultures, the student will be able to critique a professional dance concert.	Students will attend a professional dance concert and write a critical essay about the performance.
<b>DANC 102 Dance Conditioning</b>	Upon successful completion of DANC 102, Dance Conditioning, the student will be able to identify correct body alignment.	Student will take multiple choice exam with basic body alignment.

	Upon successful completion of DANC 102, Dance Conditioning, the student will be able to locate basic anatomy discussed in the class including: the diaphragm, transverse abdominis, multifidus, and pelvic floor.	Students will locate the basic anatomy studied in class in an exam with pictorial representations of the body.
	Upon successful completion of DANC 102, Dance Conditioning, the student will be able to give examples of strengthening exercises for dance. ☐	Students will write an essay describing different strengthening exercises for dance.
<b>DANC 103 Dance Technique I</b>	Upon successful completion of DANC 103, Dance Technique I, the student will be able to demonstrate the ability to properly align the body while dancing.	Student will be tested on their performance of dance exercises learned in class.
	Upon successful completion of DANC 103, Dance Technique I, the student will demonstrate the ability to perform choreographed dance movements.	Students will be tested on their performance of a choreographed dance.
	Upon successful completion of DANC 103, Dance Technique I, the student will demonstrate the ability to perform choreographed dance movements.	Students will be tested on their performance of a choreographed dance.
	Upon successful completion of DANC 103, Dance Technique I, the student will demonstrate an understanding of the field of dance by critically analyzing a live dance concert.	Students will write a four page critique of the Fullerton College Dance Concert.
<b>DANC 104 Dance Technique II</b>	Upon successful completion of DANC 104 Dance Technique II, the student will demonstrate proper body alignment using centering techniques learned in class.	The student will be tested on their performance of alignment exercises learned in class.
	Upon successful completion of DANC 104 Dance Technique II, the student will demonstrate the ability to perform choreographed dance movements.	The student will be tested on their performance of a choreographed dance.

	Upon successful completion of DANC 104 Dance Technique II, the student will demonstrate an understanding of the field of dance by critically analyzing a live dance concert.	The student will write a four page critique of the Fullerton College Dance Concert.
<b>DANC 105 Ballet I</b>	Upon successful completion of DANC 105 Ballet I, the student will be able to possess the ability perform beginning to intermediate dance sequences employing Ballet technique.	Perform dance sequences of approximately two minutes with equal technical ability on each sides of the body, employing body line, balance and centering unique to the form of Ballet.
	Upon successful completion of DANC 105 Ballet I, the student will be able to have the capacity to demonstrate the ability to perform Ballet dance sequences and apply the acquired knowledge of ballet terminology practically.	Execute dance sequences from verbal instruction.
<b>DANC 106 Ballet II</b>	Upon successful completion of DANC 106 Ballet II, the student will be able to define intermediate Ballet terminology including: jete, pas de bourree, assemble, pas de chat.	In a multiple choice exam students will select the definition for intermediate ballet steps studied in class.
	Upon successful completion of DANC 106 Ballet II, the student will be able to integrate intermediate Ballet terminology from hearing it into the body.	Students will be given words for the steps and will perform the steps without a demonstration by the instructor.
	Upon successful completion of DANC 106 Ballet II, the student will be able to critique a professional ballet performance.	Students will write a critical essay on a professional ballet performance.
<b>DANC 107 Modern Dance</b>	Upon successful completion of DANC 107 Modern Dance, the student will be able to have an understanding of the proper execution of a modern dance contraction.	The student will be tested on their performance of dance movements that contain modern dance contractions.
	Upon successful completion of DANC 107 Modern Dance, the student will be able to perform choreographed modern dance movements.	The student will be tested on the performance of a choreographed modern dance.

	Upon successful completion of DANC 107 Modern Dance, the student will be able to demonstrate an understanding of the field of dance by critically analyzing a live dance concert.	The student will write a four page critique of the Fullerton College Faculty Dance Concert.
<b>DANC 108 Modern Dance II</b>	Upon successful completion of DANC 108 Modern Dance II, the student will be able to identify modern dance positions and movements including: the basic positions of the feet as borrowed from Ballet, the contraction, and fall and recovery.	Students will identify on a multiple choice exam the modern dance positions and movements discusses in class.
	Upon successful completion of DANC 108 F Modern Dance II, the student will be able to combine key locomotor movements (run, hop, jump, skip, roll) in a short phrase across the floor.	Student will execute key locomotor movements as they move across the floor.
	Upon successful completion of DANC 108 Modern Dance II, the student will be able to analyze and discuss modern dance performance.	The student will attend a professional dance concert and write a critical essay.
<b>DANC 110 Ballet Folklorico</b>	Upon successful completion of DANC 110 Ballet Folklorico, the student will be able to identify cultural aspects of folklorico dances.	Students will identify cultural aspects of folkloric dances in a multiple choice exam.
	Upon successful completion of DANC 110 Ballet Folklorico, the student will be able to identify basic Folklorico steps.	Upon successful completion of DANC 110 Ballet Folklorico, the student will be able to identify basic Folklorico steps.
	Upon successful completion of DANC 110 Ballet Folklorico, the student will be able to identify the regional dances studied in class.	Students will identify dances from the different regions studied in class.
<b>DANC 111 Jazz I</b>	Upon successful completion of DANC 111 Jazz I, the student will be able to demonstrate the ability to execute dance movement in a stylized manner, employing correct technical application of basic dance techniques.	Demonstrate intellectual command of kinesthetic application while performing conditioning and performance dance sequences.

	Upon successful completion of DANC 111 Jazz I, the student will be able to demonstrate the ability to perform beginning to intermediate dance sequences using the form of Jazz dance, including syncopation of timing and other musical phrasing unique to jazz.	Demonstration of acquired knowledge through educated discussion and application, the recognition of both aesthetic and stylized movement, including, but not limited to, Jazz dance.
<b>DANC 112 Jazz II</b>	Upon successful completion of DANC 112 Jazz II, the student will be able to demonstrate the ability to execute intermediate and advanced movement inherent to the style of jazz dance, such as various turns and leaps.	The student will be tested on the performance of dance combinations that include intermediate jazz movements.
	Upon successful completion of DANC 112 Jazz II, the student will be able to demonstrate the ability to perform intermediate level choreographed jazz dance movements.	The student will be tested on their performance of an intermediate level choreographed jazz dance.
	Upon successful completion of DANC 112 Jazz II, the student will be able to demonstrate the ability to demonstrate an understanding of the field of dance by critically analyzing a live dance concert.	The student will write a four page critique of the Fullerton College Faculty Dance Concert.
<b>DANC 113 Tap Dance I</b>	Upon successful completion of DANC 113 Tap Dance I, the student will be able to demonstrate the ability to employ tap dance technique by producing syncopated sounds from tap shoes in the form of tap steps.	Perform basic tap steps in a dance sequence of one minute of time duration with or without musical accompaniment.
	Upon successful completion of DANC 113 Tap Dance I, the student will be able to demonstrate the acquired knowledge of technical names for tap steps.	Execute tap steps from verbal instruction.
<b>DANC 114 Tap Dance II</b>	Upon successful completion of DANC 114 Tap Dance II, the student will be able to demonstrate the acquired ability to employ intermediate knowledge of tap dance.	Choreograph a one minute duration of time dance sequence employing tap steps learned in Tap II.

	Upon successful completion of DANC 114 Tap Dance II, the student will be able to demonstrate the ability to recognize dance training as a performing art as well as a physical conditioning activity.	Perform intermediate Tap dance sequences on both sides of the body (to the left and to the right) using equal energy.
<b>DANC 115 Hip Hop</b>	Upon successful completion of DANC 115 Hip Hop, the student will be able to demonstrate an increased understanding of the roots of Hip Hop.	Group choreography employing the structure of one of the categories of Hip Hop: Breaking, Popping, Locking, Jazz Funk.
	Upon successful completion of DANC 115 Hip Hop, the student will be able to demonstrate an understanding of Hip Hop as a physical conditioning class. ☒	Demonstration of the application of performance energy and concentration to Hip Hop steps and dance sequences.
<b>DANC 116 Social Dance</b>	Upon successful completion of DANC 116 Social Dance, the student will be able to possess the understanding of the elements of partnering or touch dancing compared to no touch dancing.	Perform dancing which requires a couple with one partner leading and the other partner following.
	Upon successful completion of DANC 116 Social Dance, the student will be able to demonstrate recognition of social dances from different countries.	Perform a short dance sequence of the waltz, cha-cha, mambo, tango.
<b>DANC 119 Dance for Theatre</b>	Upon successful completion of DANC 119 Dance for Theatre, the student will be able to demonstrate the acquired knowledge of basic elements of Jazz, Ballet, and Tap dancing.	Perform short sequences of approximately 30 seconds duration of Jazz, Ballet, and Tap.
	Upon successful completion of DANC 119 Dance for Theatre, the student will be able to possess the ability to choreograph original dance sequences for Musical Theatre Productions.	Group choreography of an original choreography from a musical, referring to the original choreography as a source for inspiration by way of studying the movie or attendance at a live performance of the musical of choice.
<b>DANC 120 Dance History</b>	Upon successful completion of DANC 120 Dance History, the student will be able to recognize the major developments of dance from pre-historic times through the 20th Century.	Multiple choice questions in test format which identify stages and figures in the development of dance.

	Upon successful completion of DANC 120 Dance History, the student will be able to demonstrate the acquired knowledge of the origins of different forms of dance and the regions from which they came.	Short essays (one page) which discuss the roots of dances and their regions and the cultural influences.
	Upon successful completion of DANC 120 Dance History, the student will be able to differentiate between the purpose of dance as a supporting element for screen and stage productions and dance that is a separate and complete performance entity.	Discuss in writing, employing technical theatrical language, personal viewing experiences based on course material of watching movies.
<b>DANC 122 Middle Eastern</b>	Upon successful completion of DANC 122 Middle Eastern, the student will be able to identify positions, technique and movements unique to Middle Eastern dance.	Execute positions, technique and movements unique to Middle Eastern dance in a short dance sequence of approximately one minute duration.
	Upon successful completion of DANC 122 Middle Eastern, the student will be able to show recognition of the benefits of Middle Eastern dance for physical conditioning.	Perform a prepared dance sequence of one minute in duration performed on the right and left sides of the body.
	Upon successful completion of DANC 122 Middle Eastern, the student will be able to demonstrate and understanding of the appropriate costume and work-out attire.	Construct and/or build a Middle Eastern dance outfit.
<b>DANC 130 Afro Caribbean Dance</b>	Upon successful completion of DANC 130 Afro Caribbean Dance, the student will be able to demonstrate an understanding of the various poly-rhythms associated with Afro Caribbean dance.	The student will be tested on the performance of an Afro Caribbean dance while staying on the beat of a poly-rhythmic piece of music.
	Upon successful completion of DANC 130 Afro Caribbean Dance, the student will be able to demonstrate the ability to perform choreographed Afro Caribbean dance movements.	The student will be tested on the performance of a choreographed Afro Caribbean dance.

	Upon successful completion of DANC 130 Afro Caribbean Dance, the student will be able to demonstrate an understanding of the field of dance by critically analyzing a live dance concert.	The student will write a four page critique of the Fullerton College Faculty Dance Concert.
<b>DANC 132 Flamenco Dance I</b>	Upon successful completion of DANC 132 Flamenco Dance I, the student will be able to recount a brief history of the roots of Flamenco Dance.	Students will write a brief essay on the history of Flamenco Dance.
	Upon successful completion of DANC 132 Flamenco Dance I, the student will be able to identify basic Flamenco dance movements.	Students will identify basic Flamenco movements in an exam.
	Upon successful completion of DANC 132 Flamenco Dance I, the student will be able to execute the 8 beat Flamenco rhythms.	Students will execute the 8 beat Flamenco rhythms in an exam.
<b>DANC 150 Commercial Dance</b>	Upon successful completion of DANC 150 Commercial Dance, the student will be able to demonstrate an understanding of the different aspects of commercial dance as it applies to the filming and entertainment industry.	The student will write a two page critique of a commercial dance that has been choreographed for the film and or television industry.
	Upon successful completion of DANC 150 Commercial Dance, the student will be able to demonstrate the ability to perform choreographed commercial dance movements.	The student will be tested on their performance of a choreographed commercial dance.
	Upon successful completion of DANC 150 Commercial Dance, the student will be able to demonstrate an understanding of the field of dance by critically analyzing a live dance concert.	The student will write a four page critique of the Fullerton College Faculty Dance Concert.
<b>DANC 151 Latin Jazz</b>	Upon successful completion of DANC 151 Latin Jazz, the student will be able to demonstrate an understanding of the music that is used in Latin Jazz dance.	The student will be tested on the performance of Latin Jazz dance movements while moving on the correct beat of the music.
	Upon successful completion of DANC 151 Latin Jazz, the student will be able to demonstrate the ability to perform choreographed Latin Jazz dance movements.	The student will be tested on the performance of a choreographed Latin Jazz dance.



	Upon successful completion of DANC 151 Latin Jazz, the student will be able to demonstrate an understanding of the field of dance by critically analyzing a live dance concert.	The student will write a four page critique of the Fullerton College Faculty Dance Concert.
<b>DANC 202 Dance Composition/Choreography</b>	Upon successful completion of DANC 202 Dance Composition/Choreography, the student will be able to apply choreographic techniques to the creation of original phrases.	Students will present original phrases in class.
	Upon successful completion of DANC 202 Dance Composition/Choreography, the student will be able to analyze dance using choreographic terminology.	In an essay students will analyze using choreographic terminology.
	Upon successful completion of DANC 202 Dance Composition/Choreography, the student will be able to identify and define basic choreographic devices such as repetition, retrograde, canon and change of levels.	In a written exam students will identify and define basic choreographic devices.
<b>DANC 203 Dance Production</b>	Upon successful completion of DANC 203 Dance Production, the student will be able to identify key components to a successful rehearsal.	Students will take a multiple choice exam identifying key components to a successful rehearsal.
	Upon successful completion of DANC 203 Dance Production, the student will be able to describe the basic elements of putting on a dance production including: marketing, costumes, lights, stage management, and producing.	Students will write an essay describing the basic elements of a putting on a dance production.
	Upon successful completion of DANC 203 Dance Production, the student will be able to describe the key elements to a successful audition. ☐	Students will identify key components to a successful audition in an exam.
<b>DANC 204 Dance Rehearsal and Performance</b>	Upon successful completion of DANC 204 Dance Rehearsal and Performance, the student will be able to demonstrate an understanding of the key elements of rehearsal etiquette.	Students will answer multiple choice questions on an exam regarding key elements of rehearsal etiquette.

	Upon successful completion of DANC 204 Dance Rehearsal and Performance, the student will be able to communicate in theatre terminology (stage directions, names of basic lighting equipment, with technical theatre staff).	Students will be asked to define basic theatre terminology on a test.
	Upon successful completion of DANC 204 Dance Rehearsal and Performance, the student will be able to critique the development of a dance piece.	The students will write critical essays about the work they see in class at various stages of development.
<b>DANC 205 Dance Ensemble</b>	Upon successful completion of DANC 205 Dance Ensemble, the student will be able to perform a concert dance piece of any genre.	Students will be exposed to different movement styles in class and asked to perform these styles.
	Upon successful completion of DANC 205 Dance Ensemble, the student will be able to demonstrate increased spatial awareness and ability to dance with a group.	Students will learn and execute group choreography.
	Upon successful completion of DANC 205 Dance Ensemble, the student will be able to discuss key elements of production of a dance concert.	Students will work on the Fullerton College Faculty Dance Concert as a performer or some aspect of technical crew and will write about their experience in an essay.
<b>DANC 210 Multicultural Dance in the U.S. Today</b>	Upon successful completion of DANC 210 Multicultural Dance in the U.S. Today, the student will be able to demonstrate an understanding of the historical and social context from which dances of different U.S. cultures are derived.	The student will be given two fill-in-the-blank examinations and identify the historical and social context of different U.S. dances. (Mid-term)
	Upon successful completion of DANC 210 Multicultural Dance in the U.S. Today, the student will be able to demonstrate an understanding of how dance is used as a form of artistic and self expression, communication, education and entertainment in various U.S. cultures.	The student will be given two fill-in-the-blank examinations and identify the purpose of different U.S. dances. (Final)

	Upon successful completion of DANC 210 Multicultural Dance in the U.S. Today, the student will be able to demonstrate an understanding of the field of dance by critically analyzing a live dance concert.	The student will write a four page critique of the Fullerton College Faculty Dance Concert.
<b>DANC 214</b>	Upon successful completion of DANC 214 Dance Repertory, the student will be able to demonstrate an understanding of the technical aspects of producing a dance concert.	The student will complete twenty crew hours working on various aspects of producing a dance concert.
	Upon successful completion of DANC 214 Dance Repertory, the student will be able to demonstrate an understanding of the performing aspects of producing a dance concert.	The student will be tested on the performance of a choreographed dance that is included in the Fullerton College Faculty Dance Concert.
	Upon successful completion of DANC 214 Dance Repertory, the student will be able to demonstrate an understanding the field of dance by critically analyzing a live dance concert.	The student will write a four page critique of the Fullerton College Dance Concert.

**PHYSICAL EDUCATION**

<b>PE 100 Adaptive Physical Education</b>	Upon successful completion of PE 100 Adaptive Physical Education - Weight Training the student will be able to design a weight training program fit for an adaptive individual. All students will be able to modify workouts according to fitness levels.	Students will perform related exercises for upper and lower body strength using machine and free weights. Students will develop programs using combined weight training and cardiovascular conditioning to assess individual progress.
	Upon successful completion of PE 100 Adaptive Physical Education - Weight Training the student will be able to see improved balance with posture.	Faculty observation of student strategic moves to manipulate an unbalanced position to aide the student to regain a balanced body frame for correct posture.

<b>PE 102 Yoga</b>	Upon successful completion of PE 102 Yoga the student will be able to demonstrate the proper technique for selected yoga asanas: Warrior 1, Warrior 2, Triangle, Warrior Balance, Twisting Triangle.	Skill performance demonstration: Satisfactory score on each of the asanas. Student demonstrates proper body alignment and technique.
<b>PE 103 Aikido</b>	Upon successful completion of PE 103 Aikido the student will be able to successfully apply the principles of Aikido relating modern Japanese martial art based upon nonresistance rather than strength.	Student will demonstrate pivots, step in throw, hand grasp, front strike, and forward and backward break falls for executed physical movements and technique taught in a slow concentrated manner.
	At the completion of PE 103 Aikido the student will be able to demonstrate and evaluate selected basic movements of Aikido.	Each student will evaluate basic movements and assess progress of Aikido movements demonstrated by students to the class. A written assignment will support knowledge of attitudes of harmony and reduced aggression.
	Upon successful completion of PE 103 Aikido the student will be able to have improved self-confidence because of the learned Aikido techniques.	Written exam of at least three personal experiences of Aikido.
<b>PE 104 Spinning</b>	Upon successful completion of PE 104 Spinning the student will be able to create a workout routine that will blend light and heavy resistance training.	Written individualized Spin routine that incorporates different resistance levels working in and out of the seat.
	Upon successful completion of PE 104 Spinning the student will be able to appraise fitness output using heart rate as a measure.	Performance Definitions: 220 - age = max heart rate; 80% of max = high intensity; 70% of max = moderate intensity; 60% of max = low intensity.
<b>PE 105 Badminton</b>	Upon successful completion of PE 105 Badminton the student will be able to perform the following basic badminton strokes: serves, drop shots, smashes and clear. ☒	Skills performance tests 50% success on each of the basic Badminton strokes, serves, single and doubles.

	Upon successful completion of PE 105 Badminton the student will be able to identify the basic rules, scoring and strategies of badminton for singles and doubles.	Faculty observation of student badminton strategies and use of correct rules and scoring during a badminton game. Written exam: 50% success on written rules, scoring, and strategies.
<b>PE 107 Table Tennis</b>	Upon successful completion of PE 107 Table Tennis the student will be able to perform the following basic Table Tennis strokes: Forehand serve using topspin & backspin, forehand & backhand drives using topspin & backspin, loops, pushes & smashes.	Skill performance tests: 50% success on each of the basic Table Tennis strokes: forehand serve (topspin & backspin); forehand & backhand drives using topspin & backspin, loops, pushes, and smashes.
	Upon successful completion of PE 107 Table Tennis the student will be able to identify the basic rules scoring and strategies of Table Tennis for singles & doubles.	Faculty observation of student strategic moves and use of correct rules and scoring during a Table Tennis game. Written exam: 50% success on written rules, scoring and strategies.
<b>PE 108 Bowling</b>	Upon successful completion of PE 108 Bowling the student will be able to demonstrate the ability to successfully engage in the game of Bowling using the rules with the basic fundamentals while obtaining a level of physical fitness.	Skills performance tests: 50% success on each of the three basic skills: approach, individual scoring, an dream scoring. Subjective instructor evaluation, and written test.
	Upon successful completion of PE 108 Bowling the student will be able to keep score, establish a handicap, court etiquette, and the basic fundamentals of the sport.	50% success on rules test, practical in scorekeeping recording, and establishing handicaps, observation by instructor and bowling results.
<b>PE 111 Decathlon</b>	Upon successful completion of PE 111 Decathlon the student will be able to demonstrate cardiovascular efficiency and specific skills associated with multi-event in Track and Field.	The final assessment with consistent completion of testing measurements: Use chart SRN Squats, Bench, Chin UPs, Vertical Jump, Standing Long Jump, 400 M time trial. Max - 3 attempts.
	Upon successful completion of PE 111 Decathlon the student will be able to explain the rules pertaining to Track and Field events.	Each student will be able to outline proper starting and fouls procedures in multiple events. (Vertical, springs, jumps, and throws).

<b>PE 112 Fencing</b>	Upon successful completion of PE 112 Fencing the student will be able to employ the accepted movement techniques, blade strategies, and courtesy protocols associated with foil fencing. ☐	Faculty observation of student strategies moves (advance, retreat, cross Over, advance, cross over retreat, hop advance, hop retreat, hot lunge). Blade: Beat answer Beat, inside and outside blade, and thrust. Student will interpret between scoring and matches.
	Upon successful completion of PE 112 Fencing the student will be able to demonstrate improved aerobic capacity, specific sport related strength and flexibility.	Students will perform related exercise to specific fencing movements. Cardio and strength combined training sessions for specificity of movements.
<b>PE 113</b>	Course Deletion	
<b>PE 114</b>	Upon successful completion of PE 114 Cardiovascular Conditioning, the student will be able to assess their personal needs based upon a comprehensive aerobic training program. Successful students will be able to calculate training intensities necessary to bring about predictable training efforts.	Student will demonstrate controlled body mechanics over a 30 minute cardiovascular program. A pre and post test will determine measured improvements of conditioning.
	Upon successful completion of PE 114 Cardiovascular Conditioning, the student will be able to calculate training necessities to bring about predictable training efforts.	The student will calculate 60 - 85% THR training zones, $220 \text{ HR} - \text{age} = \text{MAX HR}$ . MAX HR multiplied by 60 - 85% to produce exercise intensity.
<b>PE 115 Golf</b>	Upon successful completion of PE 115 Golf, the student will be able to demonstrate the seven basic skills of golf, including grip, stance, swing, drive, pitch, chip and putting.	Skill performance tests with 50% success on each of the seven skills: grip, stance, swing, drive, pitch, chip and putting.
	Upon successful completion of PE 115 Golf, the student will be able to demonstrate knowledge of golf rules, course etiquette, and performance.	Written exam 25 point multiple choice, true/false or essay final with 50% success on golf rules, course etiquette and performance.
<b>PE 117 Gymnastics</b>	Upon successful completion of PE 117 Gymnastics the student will be able to explain and evaluate skills ranging from simple to complex including all women's and men's apparatus and tumbling.	Written individual analysis on select routine on select apparatus.

	Upon successful completion of PE 117 Gymnastics the student will be able to identify basic elements of composition and apply the concepts of progressive motor learning.	he student will take written exam identifying and analyzing movements including tuck, pike and straight body forms.
<b>PE 120 - course deletion</b>	Upon successful completion of PE 120 Mountain Biking, the student will be able to identify the strategies necessary in performing basic skills.	Skills performance test: Cornering, basic breaking, cadence, scanning, climbing and descending.
	Upon successful completion of PE 120 Mountain Biking, the student will be able to appraise fitness output using heart rate as a measure.	Performance definitions. 220 - age = max heart rate; 80% of max = high intensity; 70% of max = moderate intensity; 60% of max = low intensity.
<b>PE 121 Walking for Fitness</b>	Upon successful completion of PE 121 Walking for Fitness, the student will be able to distinguish different heart rate intensity (include HR sheet) as it pertains to cardiovascular conditioning.	Written examination of heart rate intensity from 60 - 85% at heart rate performance test for each HR intensity will be calculated.
	Upon success completion of PE 121 Walking for Fitness, the student will be able to achieve overall walking endurance achieved over the course of the semester.	Faculty will evaluate each student for a one, two, and three mile performance designed test.
	Upon successful completion of PE 121 Walking for Fitness, the student will be able to perform proper walking techniques.	Skills performance test: foot strike, hip role, arm striking movements and total body alignment.
<b>PE 122 Surfing</b>	Upon Successful completion of PE 122 Surfing the student will be able to demonstrate the three basic skills of paddling, turtle roll, and "1st position."	Skills performance tests: 50% success on each of the three basic skills
	Upon Successful completion of PE 122 Surfing the student will be able to identify the environmental factors involved in surfing and water safety	Final Exam: Safety Analysis

<b>PE 123 Outrigger Canoeing</b>	Upon successful completion of PE 123 Outrigger Canoeing the student will be able to explain the roles of each seat in a 6-man outrigger canoe, identify the parts of a 6-person outrigger canoe, describe a safe rescue of a capsized outrigger canoe.	Written exam
	Upon successful completion of PE 123 Outrigger Canoeing the student will be able to demonstrate the basic paddling and steering skills to include catch extension, pull, exit, recovery, pace of stroke, stern rudder, and poke.	Skills performance test: 50% success on each of the basic skill of catch extension, pull, exit, recovery, pace of stroke, stern ruder, and poke.
<b>PE 124 Kayaking</b>	Upon Successful completion of PE 124 Kayaking the student will be able to demonstrate the four basic strokes to navigate a kayak. Strokes to include forward power stroke, forward sweep, reverse sweep, and the pry and draw.	Skills Performance tests: 50% success on each of the four basic strokes.
	Upon Successful completion of PE 124 Kayaking the student will be able to select identify the environmental factors and equipment necessary for water safety.	Final Exam: Kayaking Safety
<b>PE 126 Beach Volleyball</b>	Upon successful completion of PE 126 Beach Volleyball the student will be able to explain strategy in regards to wind direction and explain the rules for two ball contact violations: double contact on set, open hand tip.	Written exam
	Upon successful completion of PE 126 Beach Sand Volleyball the student will be able to demonstrate the four basic skills to sand volleyball. The four basic skills include pass, "bump set," serve, and roll shot attack.	Skills performance tests: 50% success on each of the four basic skills



<b>PE 127 Raquetball</b>	Upon successful completion of PE 127 F Racquetball - Indoor the student will be able to perform the following basic Racquetball strokes: Serves (drive and lob), forehand & backhand down the line & crosscourt passing shots, ceiling shots.	Skill performance tests: 50% success on each of the basic Racquetball strokes: Serves (drive and lob), forehand & backhand down the line & crosscourt passing shots, ceiling shots.
	Upon successful completion of PE 127 F Racquetball- Indoor the student will be able to identify the basic rules, scoring and strategies of Racquetball for singles & doubles.	Written Exam: 50% success on terminology, rules, scoring and strategies of Racquetball
<b>PE 129 Step Aerobics</b>	Upon successful completion of PE 129 Step Aerobics the student will be able to identify basic steps.	Assessment will be through students' ability to perform basic steps based on department standards. Steps include: Up and Down, Knees Corner, "L" Step, Around The World, Over The Top, Knees Around the World
	Upon successful completion of PE 129 Step Aerobics the student will be able to calculate Target Heart Rate.	Written Exam
<b>PE 130 Advanced Fitness Training</b>	Upon successful completion of PE 130 Advanced Fitness Training the student will be able to perform a cardiovascular workout.	Assessment will be through students' ability to perform a cardiovascular workout based on department standards. Workout may include: Mile Run, Jump rope, Obstacle course, Plyometric Exercises
	Upon successful completion of PE 130 Advanced Fitness Training the student will be able to explain the 5 Health Related Fitness Components.	Written exam
<b>PE 131 Body Boarding</b>	Upon Successful completion of PE 131 Body Boarding the student will be able to demonstrate the three basic skills of kicking, duck diving, and wave riding.	Skills Performance tests: 50% success on each of the three basic skills

	Upon Successful completion of PE 131 Body Boarding the student will be able to identify the equipment and environmental factors involved in kayaking and water safety.	Final Exam: Safety Analysis
<b>PE 132 Skiing</b>	Upon Successful completion of PE 132 Skiing the student will be able to demonstrate the basic skills of posturing, balance and speed control.	Skills Performance tests: 50% success on each of the three basic skills.
	Upon Successful completion of PE 132 Skiing the student will be able to identify the environmental factors involved in skiing and mountain safety.	Final Exam: Safety Analysis
<b>PE 133 Snowboarding</b>	Upon Successful completion of PE 133 Snowboarding the student will be able to perform the five basic skills of posturing, j-turns, "fallen leaf," balance and speed control.	Skills Performance Tests: 50% success on each of the five basic skills.
	Upon Successful completion of PE 133 Snowboarding the student will be able to identify the equipment and environmental factors involved in snowboarding and mountain safety.	Final Exam: Safety Analysis
<b>PE 134 Swimming</b>	Upon successful completion of PE 134 Swimming, the student will be able to demonstrate the four competitive swimming strokes and two of the turns required when approaching the poolside.	Observation and evaluation
	Upon successful completion of PE 134 Swimming the student will be able to define over 50% of the mechanical principles used for successful swimming technique.	Written test
<b>PE 136 Springboard Diving</b>	Upon successful completion of PE 136 Springboard Diving the student will be able to demonstrate a correct hand and feet first entry into the pool from two of the four diving categories as part of a correct body position and takeoff from the board.	Observation and evaluation

	Upon successful completion of PE 136 Springboard Diving the student will be able to write a competitive diving list for either the 1m. or 3m. board.	Written test
<b>PE 137 Triathlon</b>	Upon successful completion of PE 137 Triathlon, the student will be able to assess their personal needs based upon a comprehensive aerobic training program in swim, bike, and run exercise.	Exam: 50% pass Pre and Post Time Trial: Half a mile swim, 10 m bike, and 5K run.
	Upon successful completion of PE 137 Triathlon, the student will be able to create a workout routine that will combine strength training into their workout sessions along with nutritional information for ultimate performance for the unique triathlete.	Faculty will observe strength training exercises from students as it relates to specific routines in: bench, fly, high pull, squats, leg extensions, leg curl, and elastic bands. Each student will identify and list good nutritional information specific to triathlon training.
	Upon successful completion of PE 137 Triathlon, the student will be able to evaluate heart rate intensity.	heart rate intensity exercise programs using aerobic combined exercises in a swim, bike, and run. Heart rate intensity will cover 60 - 85 % of target heart rate.
<b>PE 138</b>	Course Deletion	
<b>PE 139 Tennis</b>	Upon successful completion of PE 139 Tennis, the student will be able to demonstrate six basic skills of tennis. The six basic skills are as follows: Serve, forehand, volley, lobs and overhead smash.	Skill performance tests: 50% success on each of the six basic skills: Serve, forehand, backhand, volley, lobs and overhead smash.
	Upon successful completion of PE 139 Tennis, the student will be able to demonstrate knowledge of basic rules, scoring, tennis etiquette and strategies (singles and doubles).	Written exam, 50% success on tennis related topics.
<b>PE 141 Tennis Workshop</b>	Outcome: Upon successful completion of PE 141 Tennis Workshop, the student will be able to understand the strategies involved in competitive tennis at the collegiate level and an understanding of USTA rules and scoring for college play and doubles play.	Written rules and scoring test, 50 % success on Tennis Workshop skills: forehand, backhand, serve, and volley

	Upon successful completion of PE141 Tennis Workshop, the student will be able to execute the basic skills of tennis: forehand, backhand, volley, and serve.	Skill performance tests: 50% success on each of the four basic skills: forehand, backhand, volley, and serve
<b>PE 142 Mountaineering/Rock Climbing</b>	Upon successful completion of PE 142 Mountaineering / Rock Climbing, the student will be able to do the fundamentals of rock climbing such as rope handling, know tying, and climbing styles.	The final assessment will be the student showing at least 50% ability to master the techniques and fundamentals of rock climbing consisting of rope handling, knot tying, climbing styles, hand placement, foot placement.
	Upon successful completion of PE 142 Mountaineering / Rock Climbing, the student will be able to identify environmental concerns as well as survival techniques while rock climbing.	Written the exam 100 point multiple choice/essay final: 50% success on Mountaineering / Rock Climbing course issues and performance.
<b>PE 144 Volleyball-Recreational</b>	Upon Successful completion of PE 144 Volleyball-Recreational the student will be able to demonstrate the three basic skills of forearm passing, setting, and serving.	Skills Performance Tests: 50% success on each of the three basic skills
	Upon Successful completion of PE 144 Volleyball-Recreational the student will be able to explain the rules scoring for indoor volleyball.	Final Exam: Rules and Scoring
<b>PE 145 Volleyball-Intermediate/Advanced</b>	Upon Successful completion of PE 145 Volleyball-Intermediate/Advanced the student will be able to demonstrate the six basic skills to include forearm passing, setting, attacking, digging, blocking, and serving.	Skills Performance Tests: 50% success on each of the six basic skills.
	Upon Successful completion of PE 145 Volleyball-Intermediate/Advanced the student will be able to explain the rules and scoring for indoor volleyball.	Final Exam: Rules and Scoring

<b>PE 147 Relaxation and Flexibility Fitness</b>	Upon successful completion of PE 147 Relaxation and Flexibility Fitness, the student will be able to demonstrate an understanding of the benefits of stretching and relaxation and various flexion exercises.	Student will experiment with a variety of stretches (physical and mental) as it relates to the body and mind.
	Upon successful completion of PE 147 Relaxation and Flexibility Fitness, the student will be able to perform relaxation techniques.	Each student will organize and demonstrate a 10 minute relaxation exam to the class.
<b>PE 148 Non-Impact Aerobics</b>	Upon successful completion of PE 148 Non-Impact Aerobics the student will be able to perform 20 minutes of non-impact aerobic activity.	Assessment will be through students' ability to perform a 20 minute workout based on department standards.
	Upon successful completion of PE 148 Non-Impact Aerobics the student will be able to identify Major Musculature.	Written Exam
<b>PE 149 Swim for Fitness</b>	Upon successful completion of PE 149 Swim for Fitness, the student will be able to distinguish the basic water safety concepts.	Skills checklist for basic water safety concepts will include water safety, CPR, and lifesaving concepts as it relates to safety.
	Upon successful completion of PE 149 Swim for Fitness, the student will be able to demonstrate competitive swimming strokes: freestyle, backstroke, breaststroke and fly while learning the value and obtain a moderate level of physical fitness.	Exam: 50% passing grade. A combination of all four swim strokes (freestyles, backstroke, and fly) will be implemented into related workouts for evaluated performance time trials. Physical fitness will be judged from achievements illustrated by continuous swim, kickboard, and pull buoy exercises.
<b>PE 150 Rhythmic Aerobic Exercise</b>	Upon successful completion of PE 150 Rhythmic Aerobic Exercise the student will be able to demonstrate Rhythmic Steps while maintaining a target heart rate for 20 minutes.	Students will be timed for grade based on department standards.

	Upon successful completion of PE 150 Rhythmic Aerobic Exercise the student will be able to calculate target heart rate at 60%, 70%, and 80% effort.	Written Exam
<b>PE 151 Water Aerobics/Pool Exercise</b>	Upon successful completion of PE 151 Water Aerobics/Pool Exercise the student will be able to evaluate fitness level through performance in a variety of aqua aerobic activities and arrange fitness routines appropriate for personal improvement.	Written water aerobic workout routine specific to fitness level needs, 50% success.
	Upon successful completion of PE 151 Water Aerobics/Pool Exercise the student will be able to evaluate heart rate intensity.	Heart rate intensity exercise programs using aerobic combined movements in the water. Heart rate will cover 60 to 85% of target heart rate achieved.
<b>PE 152 Fitness Training Lab (Circuit)</b>	Upon successful completion of PE 152 Fitness Training Lab (Circuit), the student will be able to demonstrate increased cardiorespiratory endurance, muscle endurance, and flexibility.	Skill performance tests: 50% success on each of the following areas. cardiorespiratory endurance, muscle endurance and flexibility.
	Upon successful completion of PE 152 Fitness Training Lab (Circuit), the student will be able to demonstrate knowledge of key components of physical fitness.	Written exam: 50% success on fitness related topics.
<b>PE 154 Fitness Testing with Exercise Prescription</b>	Upon successful completion of PE 154 Fitness Testing with Exercise Prescription, the student will be able to have the ability to design their own exercise program.	Each student will demonstrate through Electrical Bio Impedance Body Composition improvement of at least 2.5% or greater in 4 define body areas fitness factors.
	Upon successful completion of PE 154 Fitness Testing with Exercise Prescription, the student will be able to keep a daily log of dietary intake. Using the principles learned each student will generate a computerized daily diet.	Each student will be tested using Electrical Bio Impedance for fat and weight loss based on their class entrance assessment.

<b>PE 155</b>	Upon successful completion of PE 155, the student will be able to identify and demonstrate two different types of aquatic fitness and training.	Observation and oral testing.
	Upon successful completion of PE 155, the student will be able to identify and explain two physical and physiological principles related to aquatic training.	Written test
<b>PE 158 Personalized Fitness</b>	Upon successful completion of PE 158 Personalized Fitness the student will be able to work out in a group-circuit exercise program using a variety of exercise equipment while being able to complete a successful full body workout.	The final assessment will be the student showing at least 50% ability to follow the workout plan and also be able to use the equipment successfully.
	Upon successful completion of PE 158 Personalized Training the student will try to show an improvement from the first day to last day of class on their personalized fitness chart.	Written exam 100 point multiple choice/essay final: 50% success on Personalized Training course issues and performance
<b>PE 159 Strength Training Olympic Weights</b>	Upon successful completion of PE 159 Strength Training Olympic Weights the student will be able to demonstrate Olympic Lifts, Strength training Lifts, Abdominal Exercises and Flexibility.	Skill performance tests: 50% success on each of the four areas. Olympic Lifts, Strength Training Lifts, Abdominal Exercises and Flexibility.
	Upon successful completion of PE 159 Strength Training Olympic Weights the student will be able to demonstrate knowledge of Weight Training and Body Building.	Written exam: 50% success on Strength Training related topics.

<b>PE 160 Basketball</b>	Outcome: Upon successful completion of PE 160 Basketball, the student will be able to demonstrate an understanding of the basic skills of basketball; dribbling, passing, shooting, rebounding, triple threat position, and defensive stance.	Participation and observation. Demonstration of full court dribble with both hands, recorded shooting drills. Instructor critique of defensive and offensive rebounding and stance through 5 on 5 full court drills and games as well as 4 on 4 shell drills and 3 on 3 fast break drills.
	Upon successful completion of PE 160 Basketball, the student will be able to articulate and demonstrate an understanding of the basic rules, skills and etiquette of basketball.	Rules test, demonstration, discussion, and participation in games using the rules and skills required to successfully play the game of basketball.
<b>PE 161 Body Conditioning</b>	<b>Outcome:</b> Upon successful completion of PE 161 Body Conditioning, the student will be able to evaluate fitness activities and arrange fitness routines appropriate for personal improvement.	Exam: 50% pass Pre and Post Test of Body Measurements (Bicep, Chest, Waist, Hips, Quad, Calf), ABS, P/U, (Full Range Quarter), Military or Modified 10 point on Wall, 3 point on wall, Wall sit (5 Min). A variety of aerobic exercises specific to individual needs will include strength training for planned personal improvements.
	Upon successful completion of PE 161 Body Conditioning, the student will be able to formulate an exercise program for weight training.	Design a weight training program for upper body and lower body extremities with the aide of weights – free and machine based.
<b>PE 162 Conditioning for Athletes-Strength</b>	Upon successful completion of PE 162 Conditioning for Athletes-Strength the student will be able to implement and organize a successful strength program for team and individual sport athletes. The programs will consist of analysis of emphasized strength, power, explosion, and flexibility of each athlete allowing them to have athletic improvement.	The final assessment will be the student showing at least 50% ability to follow the workout plan and also be able to use the equipment successfully.



	Upon successful completion of PE 162 Conditioning for Athletes-Strength the student will be able to perform and organize a variety of training techniques associated with the training of the sport specific athlete.	Written exam 100 point multiple choice/essay final: 50% success on Conditioning for Athletes-Strength course issues and performance
<b>PE 163 Kickboxing</b>	Upon successful completion of PE 163 F Kickboxing the student will be able to identify proper technique of the three disciplines that make up Kickboxing.	Grading Scale: 4 Observable Almost Always 90% 3 Observable Most of the Time 75% plus 2 Observable Half of the Time 50% plus 1 Observable < Half of the Time Skills Punches: Jab Cross Hook Uppercut Kicks: Push Kick Base Kick Strikes: Elbow Strikes Knee Strikes.
	Upon successful completion of PE 163 Kickboxing the student will be able to appraise fitness output using heart rate as a measure.	Performance definitions: 220 - age = max heart rate; 80% of max = high intensity; 70% of max = moderate intensity; 60% of max = low intensity.
<b>PE 164 - course deletion</b>	Upon successful completion of PE 164 Tai Chi the student will be able to demonstrate the 24-style of Tai chi chuan.	Skill performance demonstration. Satisfactory score on each of the 24-style of Tai Chi.
	Upon successful completion of PE 164 Tai Chi the student will be able to explain the Tai Chi philosophy and the application of Tai Chi to daily life.	Multiple choice and /or essay exam that require students to explain Tai Chi philosophy and list factors which apply to daily life.
<b>PE 165 Lifetime Fitness</b>	Upon successful completion of PE 165 Lifetime Fitness the student will be able to work out using cardiovascular and strength training exercises to improve their health related to physical fitness.	The final assessment will be the student showing at least 50% ability to follow the workout plan and also be able to use the equipment successfully.
	Upon successful completion of PE 165 Lifetime Fitness the student will develop an individual program consisting of cardio, strength, and nutritional plans suited to his/her goals.	Written exam 100 point multiple choice/essay final: 50% success on Lifetime Fitness course issues and performance.
<b>PE 166</b>	Course Deletion	

<b>PE 167 Cardio Kick-Boxing Aerobics</b>	Upon successful completion of PE 167 Cardio Kick-Boxing Aerobics the successful student will be able to identify and demonstrate safe and strong cardio kickboxing aerobic moves.	Exam: 50% pass Pre and Post Body Measurement: Abs – 1 min / PU – 30 sec. / Measurements/ Punches – 3- secs.
	Upon successful completion of PE 167 Cardio Kick-boxing the successful student will be able to create a workout routine that will combine aerobic and strength training into their workout sessions.	Faculty will observe performance skills from students as it relates to specific routines. Skills include: Punch, jab, cross, front/back ribs, rocking horse and round house.
<b>PE 168 Boot Camp</b>	Upon successful completion of PE 168 Boot Camp the student will complete a physical fitness test that includes cardiovascular fitness (including speed, agility, and quickness), upper and lower body strength. Training will include interval, speed, agility, quickness, and weight training.	The final assessment will consist of fitness performance tests that include 1.5 mile run, 300 yard shuttle, 20 yard agility shuttle, Line Drill Shuttle, Bench Press, Squat, Sit-ups and Push-ups. Students will be given a pre-test at the beginning of the semester and a post-test upon completion of the course. Students will be evaluated based on improvement
	Upon successful completion of PE 168 Boot Camp the student will be able to demonstrate knowledge of physical fitness (cardiovascular, muscle strength, muscle endurance, flexibility and body composition), skill-related fitness (speed, agility, and quickness), basic nutrition, motivation and exercise adherence.	Written 100 point final exam which will include multiple choice, true/false, matching, fill-in, and short answer.
<b>PE 169 Advanced Water Polo</b>	Upon successful completion of PE 169 Advanced Water Polo the student will be able to perform 50% of the following phases of water polo: passing, shooting, defense, fast break, player advantage and player disadvantage.	Observation and verbal evaluation.

	Upon successful completion of PE 169 Advanced Water Polo the student will be able to understand referee interpretations of offensive and defensive fouling.	Written test
<b>PE 171 Soccer</b>	Upon successful completion of PE 171 Soccer the student will be able to demonstrate six basic skills of Soccer. The six basic skills are as follows: Kicking, trapping, dribbling, heading, tackling and throw-in.	Skill performance test: 50% success on each of the six basic skills: Kicking, trapping, dribbling, heading, tackling and throw-in.
	Upon successful completion of PE 171 Soccer the student will be able to demonstrate knowledge of the basic rules of soccer, strategies, tactics and goalkeeping terminology.	Written exam with 50% success on Soccer related topics.
<b>PE 172 Softball</b>	Upon successful completion of PE 172 Softball, the student will be able to demonstrate the ability to successfully play the game of softball using the basic softball techniques: fielding, hitting, bunting, base running, and sliding.	Skills performance tests: 50% success on each of the basic softball areas: fielding, hitting, bunting, base running, and sliding.
	Upon successful completion of PE 172 Softball, the student will be able to identify the basic rules, scoring, and strategies for offense and defense.	Written exam with 50% success. Exam will include topics such as rules of the game, scoring, and offensive and defensive strategy.
<b>PE 174 Inline Skating</b>	Upon successful completion of PE 174 F Inline Skating the student will perform basic skating techniques.	Grading Scale: 4 Observable Almost Always 90% 3 Observable Most of the time 75% plus 2 Observable Half the time 50% plus 1 Observable
	Upon successful completion of PE 174 F the student will be able to appraise fitness output using heart rate as a measure.	Performance-Definitions: 220-age+max heart rate 80% of max= high intensity 70% of max= moderate intensity 60% of max= low intensity

<b>PE 175 Volleyball-Team Development</b>	Upon Successful completion of PE 175 F Volleyball-Team Development, the student will be able to formulate an offensive and defensive strategy based on the strengths and weaknesses of a specific opponent	Written test
	Upon Successful completion of PE 175 F Volleyball-Team Development, the student will be able to perform the basic skills in transition to include: dig, transition footwork, cover, and base defense.	Skills performance tests: 50% success on each of the four basic skills in transition.
<b>PE 179 Spirit Squad</b>	Upon successful completion of PE 179 F Spirit Squad, the student will be able to perform basic Cheer and Dance skills.	Based on department standards: Skills include: Toe Touch, Pike Jump, Herkie (right) , Herkie (left), Motions, Round Off, Cartwheel
	Upon successful completion of PE 179 F Spirit Squad, the student will be able to discriminate between properly performed stunts and stunts performed poorly.	Written Exam
<b>PE 180 Basketball</b>	Upon successful completion of PE 180 Baseball the student will be able to demonstrate nine basic fundamentals of baseball. The four basic skills are as follows: throwing, hitting , base running, and fielding.	Skill performance tests: 50% success on each of the four basic skills: throwing, hitting, base running, and fielding.
	Upon successful completion of PE 180 Baseball the student will be able to demonstrate knowledge of rules and apply the strategy of baseball.	Written exam 25 point multiple choice/essay final: 50% success on baseball issues and performance.
<b>PE 181 Basketball</b>	Upon successful completion of PE 181 Basketball the student will demonstrate an understanding of basic and advanced skills in basketball; dribbling through traffic on the court, passing under defensive pressure, shooting three point shots, rebounding, offensive screening and offensive moves to the basket.	Dribbling drills of 1 on 1 with defensive pressure, 2 on 2, 3 on 3, 4 on 4, and 5 on 5. One and two ball shooting drills from behind the 3 point line, 3 on 3 rebounding, and catch and attack drills, participation in games, demonstration, and verbal feedback.

	Upon successful completion of PE 181 Basketball the student will be able to articulate and demonstrate basic and advanced strategies used in basketball. The student will show an understanding of the rules, strategies, and sportsmanship involved in competitive basketball.	Improved execution and endurance as demonstrated in half and full court basketball drills and games, rules test, verbal feedback and proper application of rules into team play during class.
<b>PE 182 Body Building/Body Development and Weight Training</b>	Upon successful completion of PE 182 Body Building/Body Development and Weight Training the student will be able to demonstrate Aerobic Capacity, Muscle Endurance, Muscle Strength and Flexibility.	Skill performance tests: 50% success on each of the following areas: Aerobic Capacity, Muscle Endurance, Muscle Strength and Flexibility.
	Upon successful completion of PE 182 Body Building/Body Development and Weight Training the Student will be able to demonstrate knowledge of basic weight lifting terminology. Student will be able to develop a total body conditioning program.	Written exam with 50% success on Body Development related topics.
<b>PE 183 Conditioning for Athletes-Circuit</b>	Upon successful completion of PE 183 Conditioning for Athletes-Circuit the student will be able to implement and organize a successful conditioning program for team and individual sport athletes. The programs will consist of analysis of cardiovascular performance, endurance, and flexibility of each athlete allowing them to have athletic improvement.	The final assessment will be the student showing at least 50% ability to follow the workout plan and also be able to use the equipment successfully.
	Upon successful completion of PE 183 Conditioning for Athletes-Circuit the student will be able to perform and organize a variety of training techniques associated with cardiovascular training of the sport specific athlete.	Written exam 100 point multiple choice/essay final: 50% success on Conditioning for Athletes-Circuit course issues and performance
<b>PE 184</b>	Course Deletion	

<b>PE 185 Football Defense</b>	Upon successful completion of PE 185 Football Defense the student will be able to demonstrate beginning, Intermediate, and advanced phases of Defensive football skills. The basic skills are stance, tackling, hand utilization, leverage, reading keys, formation play recognition, zone man pass coverage concepts, stunt and blitz schemes.	Skill performance tests: 50% success on each of the stance, tackling, hand utilization, leverage, reading keys, formation play recognition, zone man pass coverage concepts, stunt blitz schemes.
	Upon successful completion of PE 185 Football Defense the student will be able to demonstrate knowledge of the rules, terminology, defensive strategy and safety issues involved in football.	Written exam 20 point multiple choice/essay final: 50% success on knowledge of the rules, terminology, defensive strategy and safety issues involved in football.
<b>PE 186 Football Offense</b>	Upon successful completion of PE 186 Football Offense the student will be able to demonstrate beginning, Intermediate, and advanced phases of Offensive football skills. The basic skills are stance, footwork, leverage, throwing, catching, running, blocking, play recognition, pass schemes, run schemes, blitz protection schemes.	Skill performance tests: 50% success on each of the skills stance, footwork, leverage, throwing, catching, running, blocking, play recognition, pass schemes, run schemes, blitz protection schemes
	Upon successful completion of PE 186 Football Offense the student will be able to demonstrate knowledge of the rules, terminology, offensive strategy and safety issues involved in football.	Written exam 20 point multiple choice/essay final: 50% success on knowledge of the rules, terminology, offensive strategy and safety issues involved in football.
<b>PE 187 Physical Fitness</b>	Upon successful completion of PE 187 Physical Fitness the student will be able to demonstrate a current fitness level by completing four fitness tests. 1.5 mile run, push up test (1min), sit up test (1min) and flexibility (sit and reach)	Skill performance tests: 50% success on four fitness test. 1.5 mile run, push up test (1min), sit up test (1min) and flexibility (sit and reach)

	Upon successful completion of PE 187 Physical Fitness the student will be able to demonstrate knowledge of general principles of physical fitness. Overload, progression, specificity, recuperation, over training and reversibility.	Written exam with 50% success. Physical Fitness related topics.
<b>PE 188 Self-Defense Boxing</b>	Upon successful completion of PE 188 Self-Defense Boxing the student will be able to perform different punching and defense techniques that will allow them to be able to perform in amateur boxing. The student will be able to show punching techniques such as jabs, hooks, upper cuts, and crosses and be able to combine those techniques while defending themselves in sparring matches.	The final assessment will consist of the student demonstrating the punching combinations and defense techniques at least 50% of the time when asked by the instructor needed to perform amateur boxing.
	Upon successful completion of PE 188 Self-Defense Boxing the student will be able to recite the rules and regulations of amateur boxing.	Written exam 100 point multiple choice/essay final: 50% success on Self-Defense Boxing course issues and performance
<b>PE 189 Soccer</b>	Upon successful completion of PE 189 F Soccer, the student will perform fundamental soccer techniques.	Grading Scale: 4 Observable Almost Always 90% 3 Observable Most of the time 75% plus 2 Observable Half the time 50% plus 1 Observable < Half of the Time
	Upon successful completion of PE 189 F Soccer, the student will be able to appraise fitness output using heart rate as a measure.	Performance-Definitions: 220-age= max heart rate 80% of max= high intensity 70% of max= moderate intensity 60% of max= low intensity
<b>PE 191 Volleyball-Player Development</b>	Upon successful completion of PE 191 F Volleyball-Player Development the student will be able to analyze individual technique and statistical information.	Final Exam: Statistics Video Analysis: TiVo

	Upon Successful completion of PE 191 F Volleyball-Player Development the student will be able to demonstrate the footwork necessary for attacking, jump serving, blocking, defensive transition, and offensive transition.	Skills Performance Tests: 50% success on footwork for the five skills
<b>PE 192 Water Polo</b>	Upon successful completion of PE 192 F Water Polo the student will be able to exhibit 50% of the individual water polo techniques dribbling, wet passing, dry passing, wet shooting, dry shooting, defending, fouling, driving, and setting the post.	Skill assessment testing: 50% success on each of the basic areas.
	Upon successful completion of PE 192 F Water Polo the student will be able to demonstrate a basic knowledge of the rules.	Written final exam: 50% success on rules.
<b>PE 193 Weight Training/Weight Lifting</b>	Upon successful completion of PE 193 Weight Training/Weight Lifting the student will be able to demonstrate Power Lifts, Upper Body Lifts, Lower Body Lifts and Core Exercises.	Skill performance test: 50% success on Power Lifts, Upper Body Lifts, Lower Body lifts and Core Exercises.
	Upon successful completion of PE 193 Weight Training/Weight Lifting the student will be able to demonstrated knowledge by identifying key strength training terms plus interpret, analyze and construct a weight lifting program.	Written exam: 50% success on Weight Training related topics.
<b>PE 194 Wrestling</b>	Upon successful completion of PE 194 Wrestling the student will be able to demonstrate four basic skills of Wrestling. Take downs from the standing or neutral position, pinning combinations, reversals and escapes.	Skill performance tests: 50% success on each of the four basic skills: Take downs, pinning combinations, reversals and escapes.
	Upon successful completion of PE 194 the student will be able to demonstrate knowledge of basic rules, scoring, tactics, illegal moves and basic nutrition.	Written exam, 50% success on Wrestling related topics.



<b>PE 195 Championship Putting</b>	Upon successful completion of PE 195 Championship Putting the student will be able to analyze the proper putting grip and stance, to execute the putting technique which will enhance the student's putting ability, and implement the proper putting stroke directly related to length of putt, side hill slopes and speed.	Demonstrate putting grips: Overlap, Interlock, Crosshand grip and Baseball grip.
	Upon successful completion of PE 195 Championship Putting the student will be able to evaluate and apply the basic rules of golf to the skill of putting.	Student will be asked to take a golf rules test and be 50% successful upon completion of the exam.
	Upon successful completion of PE 195 Championship Putting the student will be able to assess proper golf course etiquette in relationship to putting.	Student will be asked to demonstrate proper putting green etiquette by successfully completing an on course practical exam as well as successfully completing a written exam scoring 50% success.
<b>PE 196</b>	Upon successful completion of this class, the student will be able to identify aspects of water safety.	Observation and evaluation
	Upon successful completion of this class, the student will be able to demonstrate all competitive and water safety strokes.	Observation and evaluation.
	Upon successfully completion of this class, the student will be able to apply skills used in water safety.	Observation. demonstration and evaluation
<b>PE 197 Flag Football</b>	Upon successful completion of PE 197 Flag Football the student will be able to demonstrate the basic skills of flag football while sustaining a level of physical fitness.	The final assessment will be the student showing at least 50% ability to demonstrate the techniques and skills needed to participate in flag football.
	Upon successful completion of PE 197 Flag Football the student will be able to explain the basic rules and techniques that are needed to be successful.	Written exam 100 point multiple choice/essay final: 50% success on Flag Football course issues and performance.

<b>PE 199 Independent Study</b>	Upon successful completion of PE 199 Independent Study, the student will be able to evaluate non-curricular activities in physical education for teacher/coach related educational fields.	Required and graded student project papers.
	Upon successful completion of PE 199 Independent Study the student will be able to analyze special programs in physical education.	Development of Individualized Program to meet specific individual needs as it relates to field and equipment maintenance, technical preparation, and compilation of statistical analysis and scouting.
<b>PE 202 Intercollegiate Baseball</b>	Upon successful completion of PE 202 Intercollegiate Baseball the student will be able to demonstrate four basic skills of Intercollegiate Baseball. The four basic skills are as follows: Offensive strategy, defensive strategy, base running skills, throwing fundamentals skills.	Skill performance tests: 50% success on each of the nine basic skills: offense, defense, base running and throwing.
	Upon successful completion of PE 202 Intercollegiate Baseball the student will be able to demonstrate knowledge of baseball rules and understand eligibility rules involved which are involved in Intercollegiate Baseball.	Written exam 100 point multiple choice/essay final: 50% success on skills and rules associated with Intercollegiate Baseball.
<b>PE 203 Intercollegiate Basketball</b>	Upon successful completion of PE 203 Intercollegiate Basketball the student will be able to perform advanced offensive phases of Basketball (dribble, pass and shoot through team half court sets, transitional sets, press breakers and out of bounds plays), and perform advanced defensive phases of Basketball (zone and player to player defense in the half court and full court).	Demonstrate advanced offensive & defensive phases of basketball through competition: 50% success on each of the offensive skills (dribble, pass, shoot and defensive skills (rebounds, steals, blocks and charges)
	Upon successful completion of PE 203 Intercollegiate Basketball the student will be able to identify correct rules, scoring and strategies for successful completion of an Intercollegiate Basketball game.	Written Exam 100 point: 50% success on written rules, scoring and strategies.

<b>PE 204 Intercollegiate Basketball - Women</b>	Upon successful completion of PE 204 Intercollegiate Basketball - Women the student will be able to perform advanced offensive phases of Basketball (dribble, pass and shoot through team half court sets, transitional sets, press breakers and out of bounds plays), and perform advanced defensive phases of Basketball (zone and player to player defense in the half court and full court).	Demonstrate advanced offensive & defensive phases of basketball through competition: 50% success on each of the offensive skills (dribble, pass, shoot and defensive skills (rebounds, steals, blocks and charges)
	Upon successful completion of PE 204 Intercollegiate Basketball - Women the student will be able to identify correct rules, scoring and strategies for successful completion of an Intercollegiate Basketball game.	Written Exam 100 point: 50% success on written rules, scoring and strategies.
<b>PE 205 Cross Country Men - Women</b>	Upon successful completion of PE 205 F Cross Country Men - Women the successful student will be able to use the necessary training components in the development of performance leading toward their intercollegiate competitive goals.	Weekly timed trial races will calculate a decrease in timed performance goals and training practice combined with nutritional guidelines, to assess improvement in the competition setting.
	Upon successful completion of PE 205 F Cross Country Men -Women the successful student will be able to improve Cross Country performances.	Intercollegiate competition settings will produce improved performance as it relates to daily outline training logs. This will prepare the student for peak performance.
<b>PE 208 Intercollegiate Golf</b>	Upon successful completion of PE 208 Intercollegiate Golf, the student will be able to identify and evaluate the phases of golf including the stance, grip, the address, the full swing, various approach shots, and putting mechanics.	Skills performance tests and scenario demonstrations on each of the phases of golf: the stance, the grip, the address, the full swing, approach shots and putting mechanics.

	Upon successful completion of PE 208 Intercollegiate Golf, the student will be able to identify correct rules, etiquette, course management, scoring and strategies for successful completion of an intercollegiate golf match.	Written exam with 50% success. Exam will include topics such as rules, etiquette, course management, scoring and strategies for success during a competitive match.
<b>PE 209 Intercollegiate Soccer</b>	Upon successful completion of PE 209 Intercollegiate Soccer the student will be able to perform advance offensive techniques of Soccer ( passing, ball control, heading, dribbling and tackling) and perform advance defensive techniques of Soccer ( pressure, cover, balance, man to man and zone defense)	Perform advanced offensive skills through competition. Perform advanced defensive skills through competition. Grading Scale: 4 Excellent 3 Good 2 Satisfactory 1 Poor Offensive Skills Name: passing ball control heading dribbling tackling combination play Defensive Skills Name: pressure cover balance man to man zone
<b>PE 210 Intercollegiate Softball</b>	Upon completion of PE 210 Intercollegiate Softball the student will be able to: Identify key factors in offensive and defensive decisions and demonstrate offensive and defensive plays.	Skill assessment testing. Written final exam. Scenario demonstrations.
	Upon completion of PE 210 Intercollegiate Softball the student will be able to apply practical and mental techniques for stated offensive and defensive situations and recognize the rules and apply them to the game.	Skills performance tests: 50% success on each of the areas of the game: hitting, fielding, bunting, base running, sliding, and charting and scoring using technology.
<b>PE 211 Swimming - Men</b>	Upon successful completion of PE 211 Swimming - Men the student will be able to attain goals pre-set at the semester beginning.	All student performances are on a timed or scored basis.
	Upon successful completion of PE 211 Swimming - Men the student will be able to improve in swimming race technique or diving point total.	Observation and evaluation.
	Upon successful completion of PE 211 Swimming - Men the student will be able to exhibit knowledge of various facilities and community college aquatic programs.	Observation and evaluation.

<b>PE 212 Swimming - Women</b>	Upon successful completion of PE 212 Swimming - Women the student will be able to attain goals pre-set at the semester beginning.	All student performances are on a timed or scored basis.
	Upon successful completion of PE 212 Swimming - Women the student will be able to improve in swimming race technique or diving point total.	Observation and evaluation.
	Upon successful completion of PE 212 Swimming - Women the student will be able to exhibit knowledge of various facilities and community college aquatic programs.	Observation and evaluation.
<b>PE 215 Track Men/Women</b>	Upon successful completion of PE 215 Track Men/Women the successful student will be able to apply the skills necessary to successfully compete in intercollegiate track and field and obtain and sustain a competitive level of physical fitness.	Daily outline training logs specific to groups (sprinters, jumpers, throwers, and middle –distance runners).
	Upon successful completion of PE 215 Track Men/Women the successful student will be able to interpret NCAA, COA and conference rules governing community college track and field.	Faculty Observation of correct rules for specified event (s) and scoring during an Intercollegiate Track and Field meet.
<b>PE 216 Outrigger Canoe Competition</b>	Upon Successful completion of PE 216 Outrigger Canoe Competition the student will be able to explain the roles of each seat, identify the parts and equipment, and describe a safe rescue of a capsized 6-man canoe	Final Exam
	Upon Successful completion of PE 216 Outrigger Canoe Competition the student will be able to demonstrate the competitive skills of paddling and steering a 6-man outrigger canoe.	Skills Performance Tests: 50% success on basic strokes and steering technique.
<b>PE 218 Intercollegiate Volleyball-Women</b>	Upon Successful completion of PE 218 Intercollegiate Volleyball-Women the student will be able to analyze skills to include forearm passing, setting, attacking, digging, blocking, serving, and transition.	Skills Performance Tests: 50% success on each of the seven skills

	Upon Successful completion of PE 218 Intercollegiate Volleyball-Women the student will be able to create an effective game plan that considers both strength and weakness for both teams.	Written Exam: Game Plan
<b>PE 219 Intercollegiate Water Polo</b>	Upon successful completion of PE 219 F Intercollegiate Water Polo, the student will be able to perform advance offensive phases of water polo (dribble, pass and shoot, counter attack game, full court and half court strategy), and perform advance defensive phases of water polo (full press versus zone, three man drop versus four/five drop, full court counter attack and player match ups).	Demonstrate acquired offensive skills through competition. 4 out of 5 successful attempts (dribble & pass) and 2 out of 5 successful attempts (shooting) in front court and counter attack sets. 50% success on offensive strategies in practice and actual competitive game situations.
	Upon successful completion of PE 219 F Intercollegiate Water Polo, the student will be able to identify correct rules, scoring and strategies for successful completion of an intercollegiate Water Polo game.	Faculty observation of student strategic moves and use of correct rules and scoring during an intercollegiate Water Polo game, film observation of offensive and defensive strategies and success against opponents, as well as recorded individual and team statistics of game.
<b>PE 222 Intercollegiate Badminton</b>	Upon successful completion of PE 222 Intercollegiate Badminton the successful student will be able to demonstrate the eight basic skills and techniques utilized in Badminton and choose correct strategy for the game. The techniques include; serves, forehand, backhand, clear, drop, smash, drive, scoring, singles, doubles.	Observation by professors. 50% success on each of the eight skills. The skills include; serves, forehand, backhand, clear, drop, smash, drive, scoring, singles, doubles.
	Upon successful completion of PE 222 Intercollegiate Badminton the successful student will be able to identify correct rules, scoring and strategies for successful completion of an intercollegiate badminton match.	50% success on a multiple choice written exam about Badminton rules and strategy.

<b>PE 223 Pilates Mat I</b>	Outcome: Upon successful completion of PE 223 Pilates Mat I the student will be able to perform the Pilates Mat I exercises.	Will be through students' ability to perform Mat I exercises based on department standards.
	Upon successful completion of PE 223 Pilates Mat I the student will be able to identify Pilates and Movement Principles, major musculature and core muscles.	Written Exam
<b>PE 224 Pilates Mat II</b>	Upon successful completion of PE 224 Pilates Mat II the student will be able to identify the Pilates Mat II exercises.	Will be through students' ability to perform Mat II exercises based on department standards. Spine Twist, Teaser, Corkscrew, Hip Circles, Neck Pull, Leg Pull Up, The Rollover , Jackknife, Kneeling Side Kicks, Seated Twist , Side Bend, Scissors, Bicycle, Shoulder Bridge, Boomerang, Swan Dive/Rocking, Rocking
	Upon successful completion of PE 224 Pilates Mat II the student will be able to identify Pilates and Movement Principles.	Written exam

<b>PE 225 Pilates Reformer</b>	Upon successful completion of PE 225 Pilates Reformer the student will be able to identify and perform the Reformer exercises.	Assessment will be through students' ability to perform Reformer exercises based on department standards. Reformer Exercises Footwork, Single Leg Footwork, Footplate Exercises, Roll Down, Supine Arm work, Hundred, Coordination, Pelvic Lift, Semi Circle, Kneeling Abdominals, Feet in Straps, Short Spine Massage, Stomach Massage, Knee Stretch, Long Box Arm Work, Pulling Straps I & II, Long Box Arm Work, Overhead Press, Swan, Short Box Abdominals, Long Box Breaststroke, Double Leg Kick, Swan, Back Stroke, Teaser, Elephant, Long Stretch, Up Stretch, Arm Work Facing Straps, Arm Work Facing Footbar, Rowing Front I, Rowing Back I, Chest Expansion and Kneeling Arm Circles, Thigh Stretch, Kneeling Side Arms, Standing/Side Splits, Splits, Lunges, Side Stretch/Mermaid, Cleopatra, Reverse Abdominals, Tendon Stretch, Long Back Stretch, Snake, Twist, Star/Side Support
	Upon successful completion of PE 225 Pilates Reformer, the student will be able to identify Pilates and Movement Principles and how they relate to Reformer Exercises.	Written exam
<b>PE 226 Pilates Apparatus</b>	Upon successful completion of PE 226 Pilates Apparatus the student will be able to identify Pilates Principles, and how they relate to Pilates Apparatus Exercises.	Assessment will be through students' ability to identify proper technique specific to Pilates Spine Corrector , Ladder Barrel, Chair and Cadillac exercises. Written Exam



	Upon successful completion of PE 226 Pilates Apparatus the student will be able to identify and perform the Apparatus exercises.	Assessment will be through students' ability to perform Apparatus exercises based on department standards
<b>PE 227 Effective Teaching Methods for Pilates</b>	Upon completion of PE 227 Effective Teaching Methods for Pilates the student will be able to apply Pilates and Movement Principles to Pilates Exercises.	Assessment will be through written and practical testing of students' ability to understand principles, modifications and exercise progression.
	Upon completion of PE 227 Effective Teaching Methods for Pilates the student will be able to identify safe practices that relate to Pilates exercises.	Assessment will be through written and practical testing of students' ability to understand principles, modifications and exercise progression.
<b>PE 228 Pilates Internship</b>	Upon successful completion of PE 228 Pilates Internship the student will be ready to work with individual and groups of clients on Mat work and using equipment, identifying proper techniques and health issues.	Assessment will be through observation of student's performance as an assistant instructor based on department standards.
	Upon successful completion of PE 228 Pilates Internship the student will be able to create diverse Pilates exercise routines encompassing the range of families.	Assessment will be through observation of student's performance as an assistant instructor based on department standards.
<b>PE 229 Pilates Clinic</b>	Upon successful completion of PE 229 Pilates Clinic students will be able to conduct interviews and make assessments with clients.	Observation, Practicum, Written Exams
	Upon successful completion of PE 229 Pilates Clinic students will be able to present Joseph Pilates' exercises to clients in an appropriate and safe manner.	Observation, Practicum, Written Exams
<b>PE 235 First Aid, CPR, and Safety Education</b>	Upon successful completion of PE 235 First Aid, CPR, and Safety Education the student will be able to: Identify and evaluate an injury and apply proper First Aid techniques for the care of the injury.	Skill assessment testing. Written final exam. Scenario demonstrations

	Upon successful completion of PE 235 First Aid, CPR, and Safety Education the student will be able to identify four areas of basic injury and demonstrate physical remedy for each. The four areas of basic injury are as follows: bleeding control, spiral wraps and ties, upper extremities and lower extremities and demonstrate the application of the Three C's: Check, Call, Care and perform the correct treatment of mouth-to-mouth and CPR.	Skill performance tests: 50% success on each of the four basic areas: bleeding control, spiral wraps and ties, upper extremities and lower extremities and perform the correct treatment of mouth-to-mouth and CPR
<b>PE 236 Prevention and Care of Athletic Injuries</b>	Upon successful completion of PE 236 Prevention and Care of Athletic Injuries the student will be able to identify the three different degrees of ligament sprains throughout various joints associated with sports and athletics.	Assessment will be through successful identification of the three different degrees of ligament sprains throughout various joints.
	Upon successful completion of PE 236 Prevention and Care of Athletic Injuries the student will be able to apply prophylactic taping to the ankle joint.	Assessment will be through correct demonstration of the key components of prophylactic ankle taping.
	Upon successful completion of PE 236 Prevention and Care of Athletic Injuries the student will learn to recognize the symptoms and characteristics of Concussions.	Assessment will be through successful identification of the signs and symptoms associated with concussions.
<b>PE 238 Water Safety Instruction</b>	Upon successful completion of PE 238 Water Safety Instruction the student will be able to appraise and differentiate 50% of the propulsion techniques necessary for successful swimming.	Observations, examinations, quizzes, assessments of teaching.
	Upon successful completion of PE 238 Water Safety Instruction the student will be able to exhibit knowledge of 75% of basic swimming techniques.	Observation and evaluation.
	Upon successful completion of PE 238 Water Safety Instruction the student will be able to identify basic progressions for teaching swimming.	Observation, testing, evaluation.

<b>PE 239 Openwater Scuba</b>	Upon successful completion of PE 239 Openwater Scuba the student will be able to demonstrate nine basic skills of scuba diving. The nine basic skills are as follows: reg. clear, mask clear, combo clear, reg. recovery, neutral buoyancy, buddy breathing, octopus transport, octopus ascent, and ditch-and-don.	Skill performance tests: 50% success on each of the nine basic skills: reg. clear, mask clear, combo clear, reg. recovery, neutral buoyancy, buddy breathing, octopus transport, octopus ascent, and ditch-and-don.
	Upon successful completion of PE 239 Openwater I Scuba the student will be able to demonstrate knowledge of the physics, physiology, environmental, equipment and safety issues involved in performance of successful scuba diving.	Written exam 100 point multiple choice/essay final: 50% success on Openwater I scuba issues and performance.
<b>PE 240 Sports Officiating</b>	Upon successful completion of PE 240 Sports Officiating the student will be able to identify the rules related to Football, Basketball and Baseball and Softball.	Written exam with 50% success. Exam will include rules of each sport.
	Upon successful completion of PE 240 Sports Officiating the student will be able to identify the proper mechanics involved with sports officiating of seasonal sports.	Written exam with 50% success and a field mechanic test demonstrating proper fundamentals in officiating.
	Upon successful completion of PE 240 Sports Officiating the student will be able to analyze various officiating philosophies relating to game management.	Written report listing various aspects of officiating such as movement, angles, team communication, working with his crew, and managing the game.
<b>PE 241</b>	Course Deletion	
<b>PE 243 Stress Management Through Physical Activity</b>	Upon successful completion of PE 243 F Stress Management Through Physical Activity, the student will be able to identify and evaluate major sources and types of stress.	Written final exam. Practical applications as it relates to physiological/psychological aspects of the stress response and its effects on the mind/body connection.

	Upon successful completion of PE 243 F Stress Management Through Physical Activity, the student will be able to demonstrate the application of progressive relaxation, autogenics, and stretching exercises that help alleviate daily and life event stressors.	Skills performance tests: 50% success on each of the application of a relaxation program, autogenic training, and a stretching routine .
<b>PE 245 Lifesaving, Basic Rescue and CPR</b>	Upon successful completion of PE 245 Lifesaving, Basic Rescue and CPR the student will be able to assess the risks involved in specific environments.	Pre-test and Post-test
	Upon successful completion of PE 245 Basic Rescue and CPR the student will be able to debate the appropriate rescue technique in a specific situation.	Scenarios Worksheet
<b>PE 246 Advanced/Master SCUBA Diver</b>	Upon successful completion of PE 246 Advanced/Master SCUBA Diver the student will be able to demonstrate the nine basic skills of SCUBA diving, successfully complete a rescue dive and two other specialty dives. The nine basic skills are as follows: reg. clear, mask clear, combo clear, reg. recovery, neutral buoyancy, buddy breathing, octopus transport, octopus ascent, and ditch-and-don. Choice of specialty dives includes the following: deep dive, night dive, navigation dive, decompression dive, limited visibility dive, and leadership dive.	Skill performance tests: 50% success on each of the nine basic skills: reg. clear, mask clear, combo clear, reg. recovery, neutral buoyancy, buddy breathing, octopus transport, octopus ascent, and ditch-and-don. 50% success on rescue dive and two specialty dives. Choice of specialty dives includes the following: deep dive, night dive, navigation dive, decompression dive and leadership dive.
	Upon successful completion of PE 246 Advanced/Master SCUBA Diver the student will be able to demonstrate knowledge of the advanced physics, physiology, environmental, equipment and safety issues involved in performance of successful advanced/master SCUBA diving course.	Written exam 100 point multiple choice/essay final: 50% success on Advanced/Master SCUBA course issues and performance.
<b>PE 247 Sports Management</b>	Upon successful completion of PE 247 Sports Management the student will be able to articulate a marketing strategy for a sport or its related functions.	Classroom examination and/or written assignment explaining various strategies.

	Upon successful completion of PE 247 Sports Management the student will be able to identify a budget outline for a sports team or its related functions.	Classroom exam and/or written assignment which produces line items & expenditure/income categories.
	Upon successful completion of PE 247 Sports Management the student will be able to outline an organizational chart for a particular sports team or its related institution.	Classroom examination and/or written assignment which delineates the structure of the team or organization.
	Upon successful completion of PE 247 Sports Management, the student will be able to identify and explain an organizational chart for a sports and/or private business department.	Examination via diagramming.
<b>PE 248 Psychology of Sport</b>	Upon successful completion of PE 248 Psychology of Sport the student will be able to diagram and explain the inverted-U hypothesis.	Discussion and Test
	Upon successful completion of PE 248 Psychology of Sport the student will be able to explain how participation in sport, exercise, and physical education influences the psychological makeup of the individuals involved.	Written assignment
	Upon successful completion of PE 248 Psychology of Sport the student will be able to identify concepts and theories of sport and exercise psychology that can be applied in coaching, teaching, athletic training, or exercise leadership.	Written assignment
	Upon successful completion of PE 248 Psychology of Sport the student will be able to examine and describe motivational aspects of individual and team sport athletes.	Examination

<b>PE 249 International Diving Tour</b>	Upon successful completion of PE 249 International Diving Tour the student will be able to demonstrate the nine basic skills of scuba diving, successfully complete species identification dives, environmental compensation dives, computer assisted multi-level dives, and multi-day repetitive dives. The nine basic skills are as follows: reg. clear, mask clear, combo clear, reg. recovery, neutral buoyancy, buddy breathing, octopus transport, octopus ascent, and ditch-and-don.	Skill performance tests: 50% success on each of the nine basic skills: reg. clear, mask clear, combo clear, reg. recovery, neutral buoyancy, buddy breathing, octopus transport, octopus ascent, and ditch-and-don. 50% success on species identification dives, environmental compensation dives, computer assisted multi-level dives, and multi-day repetitive dives.
	Upon successful completion of PE 249 International Diving Tour the student will be able to demonstrate knowledge of species identification, physiological environmental compensation factors, computer assisted multi-level diving physics, equipment needs and safety issues involved in the safe performance of diving in a foreign environment.	Written exam 100 point multiple choice/essay final: 50% success on Caribbean Diving Tour course issues and performance factors.
<b>PE 250 Sport and Society</b>	Upon successful completion of PE 250 Sport and Society the student will be able to discuss and analyze the sociological perspective and pervasiveness of sport in a global society.	Written assignments, a research paper and/or panel report.
	Upon successful completion of PE 250 Sport and Society the student will be able to identify and discuss social, cultural, economic, mass media, and gender issues of sport in a global society.	Written final exam and discussions with 50% success. Exam and discussions will include topics related to sport and societal values, intercollegiate sport, professional sports, the Olympic Games, women and minorities in sport, sports and politics, sport and the economy, sport and the mass media, and race and sport.

<b>PE 252 Introduction to Physical Education</b>	Upon successful completion of PE 252 Introduction to Physical Education, the student will be able to identify and appraise four related fields of Physical Education: Fitness and Wellness, Teaching and Coaching, Sport Careers, and Sport and Exercise.	Student will be able to demonstrate knowledge of the following; Fitness Testing, Coaching philosophy, Careers and Exercise techniques
	Upon successful completion of PE 252 Introduction to Physical Education the student will be able to identify past and current leaders in the field of Physical Education.	Student will be required to take a written exam with 10 multiple choice questions: 50% success on past and current trends and leaders in the field of Physical Education
<b>PE 266 Physical Fitness as a Lifelong Concept</b>	Upon successful completion of PE 266 Physical Fitness as a lifelong Concept the student will be able to summarize the effects of age-related changes and age-related disorders on the quality of life as it relates to physical education.	Multiple choice and/or essay exam question(s) that require students to explain the factors that affect physical and motor performance.

<p><b>PE 270 Diet and Exercise for Athletes</b></p>	<p>Upon success completion of PE 270 Diet and Exercise for Athletes the student will be able to identify the nutritional needs of different athletes for athletic performance.</p>	<p>Multiple choice and/or essay exam question(s) that require students to explain the factors that affect physical and motor performance. Category 4 Excellent 3 Good 2 Fair 1 Poor Content: Carbohydrate Protein Fat Vitamins &amp; Minerals Fluid hydration Student has a superior understanding of all factors that can affect athletic performance. The student can articulate the information in an organized well thought out explanation. Student has a clear understanding of all the factors that can affect athletic performance. The student can articulate the information in an organized fashion. Student has some understanding of the factors that affect athletic performance. The student is not always able to articulate in an organized thought. Student has little understanding of the factors that affect athletic performance. Student cannot articulate information.</p>
<p><b>PE 280 Baseball Theory</b></p>	<p>Upon successful completion of PE 280 Baseball Theory the student will be able to demonstrate the proper skills involved in offensive baseball including bunting, base running, hitting fundamentals, and hit and run skills.</p>	<p>Demonstrate all proper skills such as fielding ground balls, fly balls, throwing to proper bases, and relay and cut off skill execution (4 out of 5 successful execution for each defensive skill).</p>
	<p>Upon successful completion of PE 280 Baseball Theory the student will be able to demonstrate various defensive skills including proper fielding techniques such as ground balls, fly balls, OF-INF relay throwing.</p>	<p>Successfully pass a written test of the rules and regulations of baseball with a 50% success rate.</p>



<b>PE 281 Basketball Theory</b>	Upon successful completion of PE 281 Basketball Theory the student will be able to demonstrate the ability to apply proper offensive basketball skills (pass, shoot and dribble) in designed offensive sets (3 out 2 in, 4 out 1 in 5 out) and demonstrate the ability to apply proper defensive basketball skills (defend ball, deny passes, bump cutters, box out) in designed defensive sets (player to player, zone or match-up); and critically discuss offensive concepts (give & go, screen & roll, curl cuts versus flare cuts, etc.) and defensive theories (on ball screens, off ball screens, double teams, etc.) unique to team competition.	Demonstrate, in teaching lesson: 50% success on application of proper basketball skills and concepts used within offensive sets and defensive sets for better team success.
	Upon successful completion of PE 281 Basketball Theory the student will be able to identify the basic rules, scoring and strategies of Basketball unique to team competition	Written Exam: 50% success on terminology, rules, scoring and strategies
<b>PE 282 Theory of Softball</b>	Upon successful completion of PE 282 Theory of Softball, the student will be able to identify the rules, scoring and strategies of softball unique to team competition.	Written examination: 50% success on written rules, scoring using technology and strategies.
	Upon successful completion of PE 282 Theory of Softball, the student will be able to identify and evaluate offensive and defensive strategies and coverage's.	Skill assessment testing. Written final exam. Scenario demonstrations.
<b>PE 283 Theory of Football</b>	Upon successful completion of PE 283 Theory of Football the student will be able to Skill performance tests: 50% success on each of the four basic areas: bleeding control, spiral wraps and ties, upper extremities and lower extremities and perform the correct treatment of mouth-to-mouth and CPR	Written exam 20 point multiple choice/essay final: 50% success on knowledge offensive and defensive strategies, concepts, schematics, rules and history of the game.

	Upon successful completion of PE 283 Theory of Football the student will be able to explain an offensive and defensive system that they would implement if coaching a football program.	Submit an offensive and defensive playbook
<b>PE 284 Soccer Theory</b>	Upon successful completion of PE 284 Soccer Theory the student will be able to identify offensive tactics (possession, direct and counter attack, long ball crosses, wide play, set plays and combination play) and defensive tactics of Soccer (pressure, cover, balance, angle of approach, flat back 4, man to man and zone defense)	Construct practice sessions that allow players to develop offensive and defensive tactical awareness. Grading Scale: 4 Excellent 3 Good 2 Satisfactory 1 Poor Offensive Tactics Name: possession direct and counter attack long ball crosses wide play set plays combination play Defensive Tactics Name: pressure, cover and balance angle of approach Flat Back 4 man to man zone
<b>PE 285 Professional Activity - Theory of Volleyball</b>	Upon successful completion of PE 285 Professional Activity - Theory of Volleyball the student will be able to analyze basic technique and basic offensive and defensive strategy in competition.	Practical Exam, Discussion, Presentation.
	Upon successful completion of PE 285 Professional Activity - Theory of Volleyball the student will be able to identify the basic rules, scoring and strategies of volleyball in team competition.	Final Exam
<b>PE 299 Independent Study</b>	Upon successful completion of PE 299 Independent Study the student will be able to evaluate non-curricular activities in physical education for teacher/coach related educational fields.	Required and graded student projects.
	Upon successful completion of PE 299 Independent Study the student will be able to analyze special programs in physical education.	Development of Individualized Program to meet specific individual needs as it relates to field and equipment maintenance, technical preparation, an compilation of statistical analysis and scouting.

<b>REC 100 Introduction to Leisure Services/Recreation</b>	Upon completion of REC 100 Introduction to Leisure Services/Recreation, the student will be able to articulate and describe trends in Leisure Services and Recreation: including job prospects now and in the future, demographics in the leisure service and recreational industries, recreation and rehabilitation for seniors and disabled. The student will be able to articulate an understanding of the different models and structures of recreation services available in the municipal, regional, state and national level.	Quizzes, tests, written assignments, term paper, discussion, and feedback; field trip responses from a visit with to a service group providing any of the above services.
	Upon completion of REC 100 Introduction to Leisure Services/Recreation, the student will be able to demonstrate an understanding of the travel services leisure industry.	The student will complete a written and oral report presented in class that develops a two week vacation plan for any destination in the world. The report will include all travel arrangements and associated costs of air, sea, and ground arrangements; including living arrangements while on the trip, all leisure activities, food costs, and a total cost for the trip. Instructor and student feedback and discussion
<b>REC 104 The Zen of Camping</b>	Upon successful completion of REC 104 The Zen of Camping, the student will be able to demonstrate the ability to “set up” an efficient camp and compose of a list of necessary camping supplies that includes food , tools, safety equipment, and emergency communication devices for an overnight camp.	Demonstrate and set up an overnight camp on sight and present a list of necessary supplies for a successful camp.

	Upon successful completion of REC 104 The Zen of Camping, the student will be able to apply the techniques and principles of Zen and related martial arts to wilderness experiences. The student will be able to state the principles of Zen and martial arts that apply to the wilderness experience as well as develop a list of specific theories and martial arts moves and their relevance to the experience.	Observation, discussion, verbal feedback, test on Zen, and an essay defining the principles, theories and moves applicable to the wilderness experience
<b>REC 105</b>	Course Deletion	
<b>REC 107</b>	Course Deletion	
<b>REC 108 Backpacking</b>	Upon successful completion of REC 108 Backpacking the student will be able to compose a list of necessary camping supplies for an overnight backpacking trip and demonstrate the ability to "set up" an efficient camp.	Observation of camp site efficiency. Grading scale: 3 Above target goal 2 meets target goal 1 below target goal.
<b>REC 109 Surf Exploration</b>	Upon Successful completion of REC 109 Surf Exploration, the student will be able to select appropriate camping equipment and set up a campsite	Written Exam: Camping checklist. Practical Exam: Camp Setup
	Upon Successful completion of REC 109 Surf Exploration, the student will be able to demonstrate the three basic skills of paddling, turtle roll, and 1st position posture.	Skills Performance Tests: 50% success on the three basic skills.
<b>REC 110 Kayak Exploration</b>	Upon Successful completion of REC 110 Kayak Exploration the student will be able to select appropriate camping equipment and setup an effective campsite.	Written Exam: Equipment Checklist. Practical Exam: Camp Setup
	Upon Successful completion of REC 110 Kayak Exploration the student will be able to demonstrate the four basic skills to include power stroke, forward sweep, reverse sweep, and pry and draw.	Skills Performance Tests: 50% success on the four basic skills.

<b>REC 111 Camping and Our Bodyboarding Environment</b>	Upon successful completion of REC 111 Camping and Our Bodyboarding Environment the student will be able to discuss the environmental issues of camping and bodyboarding.	Pre-test and Post-test of environmental issues.
	Upon successful completion of REC 111 Camping and Our Bodyboarding Environment the student will be able to select appropriate equipment and materials to set up a campsite. ☒	Equipment and Safety list.
	Upon successful completion of REC 111 Camping and Our Bodyboarding Environment the student will be able to demonstrate the basic skills to include, kicking, duck diving, and waves selection.	Pre-test and post-test in speed, efficiency, and execution of basic skills.
<b>WELL 020</b>	Course Deletion	
<b>WELL 040</b>	Course Deletion	
<b>WELL 110 Pathology</b>	Upon successful completion of WELL 110 Pathology the student will be able to correctly identify pathologies in 5 systems that would effect massage.	The student will take multiple choice and essay mid-term and final exam.
	Upon successful completion of WELL 110 Pathology the student will be able to identify pathologies that will impact them giving of a massage to a client.	Identify an define problems of the skin.
<b>WELL 119 Applied Biomechanics</b>	Upon successful completion of Well 119 F Applied Biomechanics, the student will be able to demonstrate a working knowledge affecting the postural structure and stabilization of their core areas of the body.	Each student will use Electrical Bio Impendence using pre and post techniques with at least 30 to 38% improvement in the intended muscle or muscle group.
	Upon successful completion of WELL 119 F Applied Biomechanics, the student will be able to demonstrate the principles required for correct postural alignment for each of the 12 defined muscle groups.	Students will be video taped and be shown degrees of movement difference in muscle efficiency exercise.

<b>WELL 200 Applied Exercise Physiology</b>	Upon completion of Well 200 F - Applied Exercise Physiology, students have a working knowledge of how the body's metabolism is effective by the integrated methods muscle function cardio respiratory function and functional exercise has on the body.	Students will use a pre and post assessment to determine the metabolic difference on the body.
	Upon successful completion of Well 200 F - Applied Physiology, students will demonstrate methods that are most efficient in supporting exercise and metabolic changes in the body.	Students will use a metabolic scale to determine the success of different types of exercise.
<b>WELL 220</b>	Upon successful completion of WELL 220, the student will be able to subject to both personal and scientific observed evidence of the effects of exercise on aging.	Each student will be required to design a program efficient in exercise that will improve the physical, mental and social-psychological well being.
	Upon successful completion of WELL 220 the student will be able to demonstrate using elderly volunteers with an effective program designed for them.	Students will use an age rated scale as to the effectiveness of exercise on the elderly volunteer.
<b>WELL 221 Personal Training Internship</b>	Upon successful completion of Well 221 Personal Training Internship the student will be able to demonstrate four basic skill areas needed for a Personal Training Career. The four basic skills are Training Techniques, Professionalism in the work place, Safety Issues and Marketing Techniques.	Observable skill testing 50% success on each four basic skills area. The four basic skills are Training Techniques, Professionalism in work place, Safety Issues and Marketing Techniques.
	Upon successful completion of Well 221 Personal Training Internship the student will be able to demonstrate knowledge of Safety standards, Professionalism, Teaching Techniques and Marketing Techniques.	Written exam 50% success on all principals related to becoming a Personal Trainer. Principals would include, Safety standards, Professionalism, Teaching Techniques and Marketing Techniques.
<b>WELL 230 The Body-Mind Connection</b>	Upon successful completion of WELL 230 The Body-Mind Connection the student will be able to design a personal plan that will integrate the complementary and alternative health modalities for their well being.	Written individual journal analyzing patterns of physical, mental, emotional and spiritual attributes and design a plan that integrates the courses learning.

	Upon successful completion of WELL 230 The Body-Mind Connection the student will be able to design a personal plan that will integrate the complementary and alternative health modalities for their well being.	Research and design a 15 minute power point presentation on a specific complimentary and alternative health modality topic.
<b>WELL 232 Introduction to Massage</b>	Upon successful completion of WELL 232 F, Introduction to Massage the student will be able to perform a one hour relaxation massage.	Effectively demonstrate basic skills of relaxation massage. Skill performance tests: 50% success on each of the following basic skills; Draping, correct application of strokes, smooth transitions, professional client communication and good body mechanics
	Upon successful completion of WELL 232 F, Introduction to Massage the student will be able to demonstrate knowledge of the massage hygiene, indication and contraindication.	Multiple choice, essay and written exam. 50% success on massage. Health, sanitary issues, indications and contraindications for the massage therapist.
	Upon successful completion of WELL 232 F, Introduction to Massage the student will be able to demonstrate knowledge of muscles and bones of the human body including boney landmarks.	Multiple choice, muscle and bone identification written exam. 50% success on exam.
	Upon successful completion of WELL 232 F, Introduction to Massage the student will be able to demonstrate relaxation massage strokes in order on a clients leg using even stroke rhythm, appropriate tissue lift and good body mechanics.	Skill set performance test. 50% success on each of the 4 basic skills sequence of strokes; tissue lift, tissue movement, petrissage, effleurage and body mechanics
<b>WELL 233 Intermediate Massage</b>	Upon successful completion of WELL 233 Intermediate Massage the student will be able to create a healing oriented session integrating and adapting the following learned skills; Myofascial Massage, Craniosacral Massage, Profession Conduct, Client History, Postural Assessment, Written protocol, Active Listening, Body Mechanics and Relaxation Massage.	Skill Performance Tests. 50% success rate on each of the learned skills.

	Upon successful completion of WELL 233 Intermediate Massage the student will be able to demonstrate knowledge of safety, health, contraindication, physiology, equipment, benefits, professional ethics and research of cranialsacral and myofascial bodywork.	Skill Performance Tests. Written Exams including multiple choice and essay. 50% success rate is required on Craniofacial and myofascial exam.
<b>WELL 234 Advanced Massage</b>	Upon successful completion of WELL 234 Advanced Massage the student will be able to demonstrate the basic skills required to create a customized client session.	Skills performance test: 50% success on each of the 12 basic skills. These learned skills include; Client History, Body Mechanics, Professional Conduct, Sequence of Routine, Techniques and Hygiene.
	Upon successful completion of WELL 234 Advanced Massage the student will be able to demonstrate knowledge of Traditional Chinese Medicine, Indication, Contraindication and Flow of Chi.	Written Exams including multiple choice and essay for Traditional Chinese Medicine. 50% success rate on Traditional Chinese Medicine Exam.
<b>WELL 236 Sports Massage</b>	Upon successful completion of WELL 236 Sports Massage the student will be able to demonstrate the basic skills required for pre-event sports massage.	50% on the pre-event skill set.
	Upon successful completion of WELL 236 Sports Massage the student will be able to demonstrate basic knowledge of anatomy of movement including a treatment plan.	A written paper analyzing muscles and range of motion of a specific sport or movement. The paper will include a treatment plan. Minimum grade of 50%
	Upon successful completion of WELL 236 Sports Massage the student will be able to demonstrate knowledge of muscles and bones of the human body including bony landmarks and terminology	Multiple choice, muscle and bone identification 50% success rate on exam.



<b>WELL 238 Massage &amp; Body Work Lab</b>	Upon successful completion of WELL 238 Massage & Body Work Lab the student will be able to demonstrate core massage skills and knowledge while giving a stress relieving, full body massage in the massage lab for the public. The core skills are as follows; client intake, written SOAP notes, client communication, active listening, hygiene and appearance.	Written evaluation form from client perspective. Scoring 50% or more on evaluation.
	Upon successful completion of WELL 238 Massage & Body Work Lab the student will be able to demonstrate knowledge of therapeutic communication involved in 1 hour therapeutic massage.	Written 2-3 page paper outlining therapeutic communication, client interview, preliminary assessment and treatment plan.
<b>WELL 239 Internship in Massage</b>	Upon successful completion of Well 239 Internship in Massage the student will be able to demonstrate professionalism while working with other professionals with the public, develop their core skills and knowledge while giving a stress relieving full body massage.	Written evaluation from client perspective
	Upon successful completion of Well 239 Internship in Massage the student will be able to demonstrate Professional Resume Development after having worked with the FCC Workforce Center.	Job shadowing and interviewing in a specific area of massage (rehabilitation, SPA, medical, outcall).
	Upon successful completion of Well 239 Internship in Massage the student will be able to demonstrate completion of Internship application and 70 hours per unit of massage work including chair massage.	Written evaluation from client perspective

<b>WELL 242 Stress Management and Relaxation</b>	Upon successful completion of WELL 242 Stress Management and Relaxation the student will be able to identify practical solutions to the effects of stress on the body.	Demonstrate, in discussion, and practical application the acquired knowledge of the cognitive management techniques to a specific situation as it relates to physiological/psychological aspects of the stress response and its effects on the mind/body connection. Demonstrate acquired skill in developing a relaxation program using two different techniques.
	Upon successful completion of WELL 242 Stress Management and Relaxation the student will be able to recognize, discuss and critically appraise stressors and its relationship to thought management.	Written exam: 70% success
<b>WELL 265 Kinesiology</b>	Upon successful completion of WELL 265 Kinesiology, students will be able to demonstrate an understanding of kinesiology and functional human movement.	none at this time.
	Upon successful completion of WELL 265 Kinesiology, students will be able to demonstrate proper efficient movement.	none at this time.
	Upon successful completion of WELL 265 Kinesiology, students will be able to analyze postural stabilization techniques.	none at this time.