

Physical Education Assessment Plan
Rev. 2/1/2021

| Physical Education | 16-17 | 17-18 | 18-19 | 19-20 | 20-21 | 21-22 |
|---|-------|-------|-------|-------|-------|-------|
| PHEDB2SB - Aquatics Beginning Swimming | | | | | | |
| • Upon completion of the course, the student will be able to demonstrate proper technique and mechanics for freestyle and backstroke | C | | C | C | | |
| • Upon completion the student will be able to: Use other basic aquatic skills such as entries, treading water, surface dives, and underwater swimming. | C | | C | C | | |
| • Upon completion the student will be able to: Use learned methods of Physical Activity, to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other Dimensions (i.e. Psychological, Spiritual and Social) of their overall wellness. | C | | C | C | | |
| PHEDB3ADP - Adaptive Physical Education | | | | | | |
| • Upon completion of the course, the student will be able to demonstrate efficient and effective motor skills and apply these methods to enhance motor skill performance. | C | C | C | | | |
| • Upon completion the student will be able to: Design a physical fitness program for a specific disability. | C | C | C | | | |
| • Upon completion the student will be able to: Evaluate individual fitness goals and analyze results. | C | C | C | | | |
| • Upon completion the student will be able to: Using learned methods of Physical Activity, an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other dimensions (i.e. psychological, spiritual and social) of their overall wellness. | C | C | C | | | |
| PHEDB6A - Coeducational Team and Individual Activity Archery | | | | | | |
| • Upon completion of the course, the student will be able to identify and develop beginning level skills for the sport of Archery. | C | C | | | | |
| • Upon completion the student will be able to: Compare and contrast their abilities from different distances on the range. | C | C | | | | |
| • Upon completion the student will be able to: Develop the ability to care and maintain the necessary equipment for the sport of Archery. | | C | | | | |
| • Upon completion the student will be able to: Practice safety in the sport of Archery. | | C | | | | |
| • Upon completion the student will be able to: Using learned principles of archery, an individual will be able to create avenues, throughout their lifetime, to maintain and improve their activity level and to realize the connection of this increased activity to other dimensions (i.e. psychological, spiritual and social) of their overall wellness | | C | | | | |
| PHEDB6BB - Coeducational and Individual Activity: Basketball | | | | | | |
| • Upon completion of the course, the student will be able to Demonstrate the ability to play the game of basketball. | C | C | | | | |
| • Upon completion the student will be able to: Acquire the basic rules for how to play the game of basketball. | | C | | | | |
| • Upon completion the student will be able to: Develop fundamental skills of Basketball. | | C | C | C | | |
| • Upon completion the student will be able to: Understand offensive and defensive team systems | | C | | | | |
| • Upon completion the student will be able to: Interpret the value of playing together as a team. | | C | | | | |
| • Upon completion the student will be able to: Using learned principles of basketball, an individual will be able to create avenues throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this fitness to other dimensions (ie., psychological, spiritual, and social) of their overall wellness. | | C | | | | |
| PHEDB6BLB - Coeducational Team and Individual Activity Beginning Ballet | | | | | | |
| • Upon completion of the course, the student will be able to demonstrate a kinesthetic awareness of proper body alignment | | | C | | | |
| • Upon completion the student will be able to: Create a choreographed dance piece | | | C | | | |
| • Upon completion the student will be able to: Define the basic French terminologies used in Ballet | | | C | | | |
| • Upon completion the student will be able to: Demonstrate the basic arm and feet positions of ballet | | | C | | | |
| • Upon completion the student will be able to: Using learned methods of Physical Activity (i.e. Ballet), an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other Dimensions (i.e. Psychological, Spiritual and Social) of their overall wellness. | | | C | | | |

Physical Education Assessment Plan
Rev. 2/1/2021

| Physical Education | 16-17 | 17-18 | 18-19 | 19-20 | 20-21 | 21-22 |
|--|-------|-------|-------|-------|-------|-------|
| PHEDB6FCX - Coeducational Team and Individual Activity Fitness Center | | | | | | |
| • Upon completion of the course, the student will be able to Identify and perform functional fitness movement, resistance free-weight and machine lifts. | C | C | C | C | | |
| • Upon completion the student will be able to: Contrast body weight and body composition | C | C | C | C | | |
| • Upon completion the student will be able to: Develop a basic muscle strength and endurance workout | C | C | C | C | | |
| • Upon completion the student will be able to: Develop a basic :cardiovascular endurance work out | C | C | C | C | | |
| • Upon completion the student will be able to: Demonstrate the ability to research & develop an appropriate individual workout for themselves or others. | C | C | C | C | | |
| • Upon completion the student will be able to: Using learned methods of Physical Activity an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other Dimensions (i.e. Psychological, Spiritual and Social) of their overall wellness. | C | C | C | C | | |
| PHEDB6G - Coeducation Team and Individual Activity Golf | | | | | | |
| • Upon completion of the course, the student will be able to analyze and describe the proper mechanics of a golf swing. | C | | | | | P |
| • Upon completion the student will be able to: Identify and apply the different characteristics of each golf club. | | | | | P | |
| • Upon completion the student will be able to: Develop the ability to manage the game and course. | | | | | P | |
| • Upon completion the student will be able to: Identify strengths and weaknesses of a golf swing. | | | | | P | |
| • Upon completion the student will be able to: Using learned principles of golf, an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other Dimensions (i.e. Psychological, Spiritual and Social) of their overall wellness. | | | | | P | |
| PHEDB6JD - Coeducational Team and Individual Activity Jazz Dance | | | | | | |
| • Upon completion of the course, the student will be able to develop balance and physical coordination | | | C | | | |
| • Upon completion the student will be able to: Develop proper body alignment, flexibility, muscle strength, endurance, and agility. | | | C | | | |
| • Upon completion the student will be able to: Demonstrate a choreographed dance in front of an audience | | | C | | | |
| • Upon completion the student will be able to: Demonstrate a knowledge of the importance of the "Basics of Ballet" techniques and its terminologies related to Jazz dance. | | | C | | | |
| • Upon completion the student will be able to: learned skill(s) and develop a general written plan that would allow the student to apply this to another skill or skill set and gradually increasing a student's role in taking leadership of the activity. | | | C | | | |
| PHEDB6SC - Coeducational Team and Individual Activity Soccer | | | | | | |
| • Upon completion of the course, the student will be able to demonstrate knowledge in the rules of the game of soccer. | | C | C | | | P |
| • Upon completion the student will be able to: Demonstrate the skills of the game of soccer | | C | C | | | |
| • Upon completion the student will be able to: Apply the rules and skills of Soccer to a competitive game situation | | C | C | | | |
| • Upon completion the student will be able to: Using learned principles of soccer, an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other Dimensions (i.e. Psychological, Spiritual and Social) of their overall wellness. | | | C | | | |
| PHEDB6SW - Intermediate Swimming | | | | | | |
| • 1. Upon successful completion of the course, the student will be able to interpret and implement the correct body movements involved in the four competitive swimming strokes. (Butterfly, Breaststroke, Freestyle, Backstroke) | | | | | | P |
| • 2. Upon successful completion of the course, the student will be able to design personal swimming workouts to continue developing the correct swimming mechanics to build lifelong fitness. | | | | | | P |
| • 3. Upon successful completion of the course, the student will be able to improve muscular strength, muscular endurance, flexibility, body composition, and cardio vascular endurance within limits of personal fitness levels. | | | | | | P |

Physical Education Assessment Plan
Rev. 2/1/2021

| Physical Education | 16-17 | 17-18 | 18-19 | 19-20 | 20-21 | 21-22 |
|---|-------|-------|-------|-------|-------|-------|
| PHEDB6T - Coeducation Team and Individual Activity Tennis | | | | | | |
| • Upon completion of the course, the student will be able to using learned principles of tennis, an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other Dimensions (i.e. psychological, spiritual and social) of their overall wellness. | | | C | C | | |
| • Upon completion the student will be able to: Learn how to play the game of tennis. | | C | C | C | | |
| • Upon completion the student will be able to: Learn the basic rules of how to play and score the game | | C | C | C | | |
| • Upon completion the student will be able to: Develop the proper individual techniques of tennis | | | C | C | | |
| • Upon completion the student will be able to: Understand the different strategies of playing the game of tennis | | | C | C | | |
| PHEDB6V - Coeducational Team and Individual Activities Volleyball | | | | | | |
| • Upon completion of the course, the student will be able to Apply the rules of the game of Volleyball. | | | | C | P | |
| • Upon completion the student will be able to: Demonstrate skills that include: serving, forearm passing, overhead setting, attacking, digging, blocking, and transition | | | | C | P | |
| • Upon completion the student will be able to: Identify both offensive and defensive system in the sport of volleyball. | | | | C | P | |
| • Upon completion the student will be able to: Apply Competition strategies in a game situation | | | | C | P | |
| • Upon completion the student will be able to: Using learned methods of Physical Activity, an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other Dimensions (i.e. Psychological, Spiritual and Social) of their overall wellness | | | C | C | | |
| PHEDB6WT - Coeducational Team and Individual Activity Weight Training | | | | | | |
| • Upon completion of the course, the student will be able to Demonstrate proper Weight Room Safety Rules and Policies. | | C | C | | | P |
| • Upon completion the student will be able to: Identify the 5 Major Movement Patterns. | | C | C | | | |
| • Upon completion the student will be able to: Demonstrate Core Lifts Safely and Effectively. | | C | C | | | |
| • Upon completion the student will be able to: Contrast various forms of Weight Training (i.e. foundation, endurance, hypertrophy, strength, power). | | C | C | | | |
| PHEDB7Y - Beginning Yoga | | | | | | |
| • 1. Upon successful completion of the course, the student will be able to critically examine the development of the individual as an integrated physiological, psychological, spiritual, and social being. | | | | | | P |
| • 2. Upon successful completion of the course, the student will be able to think critically and evaluate sources and information for validity and usefulness. | | | | | | P |
| • 3. Upon successful completion of the course, the student will be able to demonstrate and explain the basic anatomy and physiological principles in general fitness activities. | | | | | | P |
| PHEDB10 - Intercollegiate Competition Men: Football | | | | | | |
| • Upon completion of the course, the student will be able to Students will be able to perform fundamental mechanics for effective performance in the sport of football. | | | | | | P |
| • Upon completion the student will be able to: Students will be able to demonstrate an apply technical and tactical skills necessary for collegiate competition. | | | | | | P |
| • Upon completion the student will be able to: Students will be able to assess offensive and defensive strategies. | | | | | P | |
| • Upon completion the student will be able to: Students will be able to integrate cooperative skills needed to perform at a high level of play. | | | | | P | |
| • Upon completion the student will be able to: Student will be able to demonstrate and apply safety rules and procedures to effectively participate in physical movement. | | | | | P | |
| • Upon completion the student will be able to: Using learned methods of Physical Activity, an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other dimensions (i.e. psychological, spiritual and social) of their overall wellness. | | | | | P | |

Physical Education Assessment Plan
Rev. 2/1/2021

| Physical Education | 16-17 | 17-18 | 18-19 | 19-20 | 20-21 | 21-22 |
|--|-------|-------|-------|-------|-------|-------|
| PHEDB11 - Intercollegiate Competition for Men: Basketball | | | | | | |
| • Upon completion of the course, the student will be able to use the correct terminology associated with basketball. | | C | | C | | P |
| • Upon completion the student will be able to: Demonstrate the NCAA rules on college basketball. | | C | | C | | |
| • Upon completion the student will be able to: Develop and Demonstrate game strategies for different opponents. | | C | | C | | |
| • Upon completion the student will be able to: Apply an in-season individual strength maintenance program for basketball. | | C | | C | | |
| • Upon completion the student will be able to: Using learned methods of Physical Activity, an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other dimensions (i.e. psychological, spiritual and social) of their overall wellness. | | C | | C | | |
| PHEDB12 - Intercollegiate Competition: Track and Field | | | | | | |
| • Upon completion of the course, the student will be able to describe the rules for each specific event in track and field. | C | C | C | | | |
| • Upon completion the student will be able to: Use the correct terminology associated with Track and Field. | C | | C | | | |
| • Upon completion the student will be able to: Define the NCAA rules and scoring procedures. | | C | C | C | | |
| • Upon completion the student will be able to: Use imperial and metric conversions and measurements. | | | C | | | |
| • Upon completion the student will be able to: Analyze and evaluate program components in track and field (strength, cardiovascular, flexibility.) | | C | C | C | | |
| • Upon completion the student will be able to: Through Film analysis make corrections in individual technique flaws. | | | | | P | |
| • Upon completion the student will be able to: Comprehend and assist in organization of meet management. | | C | | C | | |
| • Upon completion the student will be able to: Understand CCCAA eligibility requirements and decorum standards. | | | | | P | |
| • Upon completion the student will be able to: Explain NCAA transfer requirements as they relate to transfer and individual goals. | | | | | P | |
| PHEDB13 - Intercollegiate Competition: Tennis | | | | | | |
| • Upon completion the student will be able to: Using learned methods of Physical Activity, an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other dimensions. (i.e psychological, spiritual, and social) of their overall wellness. | | C | | | | |
| • Upon completion of the course, the student will be able to Demonstrate the principles and skills of tennis. | | | | C | P | |
| • Upon completion the student will be able to: Explain the goals and objective of competition. | | | | | P | |
| • Upon completion the student will be able to: Solve various game situation challenges. | | | | | P | |
| • Upon completion the student will be able to: Apply the rules set forth for tennis in game situations. | | C | | | | |
| • Upon completion the student will be able to: Demonstrate the offensive and defensive tactics of tennis. | | C | | | | |
| PHEDB14 - Intercollegiate Competition for Men: Baseball | | | | | | |
| • Upon completion the student will be able to: Demonstrate NCAA baseball rules as well as local rules regarding sport. | | C | | | | |
| • Upon completion the student will be able to: Analyze mechanical flaws through use of video. | | C | | | | |
| • Upon completion the student will be able to: Recognize what level of fitness and strength is needed. | | C | | | | |
| • Upon completion the student will be able to: Explain the professional baseball amateur draft as it relates to community college baseball. | | C | | | | |
| • Upon completion the student will be able to: Break down the physical skills required to participate safely and competitively. | | C | | | | |
| • Upon completion the student will be able to: Using learned methods of Physical Activity, an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other dimensions (i.e. psychological, spiritual and social) of their overall wellness. | | C | | | | |

Physical Education Assessment Plan
Rev. 2/1/2021

| Physical Education | 16-17 | 17-18 | 18-19 | 19-20 | 20-21 | 21-22 |
|---|-------|-------|-------|-------|-------|-------|
| PHEDB15 - Intercollegiate Competition: Cheer | | | | | | |
| • 1. Upon successful completion of the course, the student will be able to demonstrate commitment to developing individual and group cheer, dance and stunts skills as measured by consistent attendance and successful participation on the cheer team. | C | | | | | P |
| • 2. Upon successful completion the student will be able to analyze cheer performances by national and professional standards. | | | | | P | |
| • 3. Upon successful completion the student will be able to audition for university and professional cheer/dance teams. | | | | | P | |
| • 4. Upon successful completion the student will be able to using learned methods of Physical Activity, an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other dimensions (i.e. psychological, spiritual and social) of their overall wellness | | | | | P | |
| PHEDB16 - Intercollegiate Competition for Men: Golf | | | | | | |
| • Upon completion of the course, the student will be able to analyze proper golf swing mechanics. | | | | | P | |
| • Upon completion the student will be able to: Analyze golf courses and apply course management knowledge. | | | | | P | |
| • Upon completion the student will be able to: Develop an understanding of Golf course etiquette, rules and regulation as written by the United State Golf Association. | | | | | P | |
| • Upon completion the student will be able to:Using learned principles of golf, an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other Dimensions (i.e. Psychological, Spiritual and Social) of their overall wellness. | | | | | P | |
| PHEDB17 - Intercollegiate for Competition Men: Cross-Country | | | | | | |
| • Upon completion of the course, the student will be able to Use the correct terminology associated with cross country. | | | | | | P |
| • Upon completion the student will be able to:Describe the NCAA rules and scoring procedures. | | | | | P | |
| • Upon completion the student will be able to:Explain the bio-mechanical principles for running. | | | | | P | |
| • Upon completion the student will be able to:Apply various race strategies for different courses. | | | | | P | |
| • Upon completion the student will be able to:Compare and contrast aerobic and anaerobic training. | | | | | P | |
| • Upon completion the student will be able to:Using learned principles of Track and Field an individual will be able to create avenues, throughout their lifetime, to maintain and improve their activity level and to realize the connection of this increased activity to other dimensions (i.e. psychological, spiritual and social) of their overall wellness. | | | | | P | |
| PHEDB20 - Intercollegiate Competition for Men: Wrestling | | | | | | |
| • Upon completion of the course, the student will be able to Explain the difference between strength, speed and flexibility training and incorporate each segment into their training philosophy. | | | | | P | |
| • Upon completion the student will be able to:Compare and contrast the various wrestling techniques. | | | | | P | |
| • Upon completion the student will be able to:Apply the various drills they have learned into their wrestling technique. | | | | | P | |
| • Upon completion the student will be able to:Explain the Bio-mechanical principles used in the sport of Wrestling. | | | | | P | |
| • Upon completion the student will be able to:Using learned principles of Intercollegiate Wrestling an individual will be able to create avenues, throughout their lifetime, to maintain and improve their activity level and to realize the connection of this increased activity to other dimensions (i.e. psychological, spiritual and social) of their overall wellness. | | | | | P | |

Physical Education Assessment Plan
Rev. 2/1/2021

| Physical Education | 16-17 | 17-18 | 18-19 | 19-20 | 20-21 | 21-22 |
|---|-------|-------|-------|-------|-------|-------|
| PHEDB23 - Intercollegiate Competition for Women: Soccer | | | | | | |
| • Upon completion of the course, the student will be able to demonstrate defensive and attacking principles in soccer | C | | | | | P |
| • Upon completion the student will be able to: Demonstrate fitness levels appropriate for participation in soccer | | | | | P | |
| • Upon completion the student will be able to: Apply specific skills in a game situation. | | | | | P | |
| • Upon completion the student will be able to: Develop proficiency in the skills of soccer. | | | | | P | |
| • Upon completion the student will be able to: Using learned principles of physical activity an individual will be able to create avenues, throughout their lifetime, to maintain and improve their activity level and to realize the connection of this increased activity to other dimensions (i.e. psychological, spiritual and social) of their overall wellness. | | | | | P | |
| PHEDB23M - Intercollegiate Competition for Men: Soccer | | | | | | |
| • Upon completion the student will be able to: Demonstrate defensive and attacking principles in soccer | | | | | P | |
| • Upon completion the student will be able to: Demonstrate fitness levels appropriate for participation in soccer | | | | | P | |
| • Upon completion the student will be able to: Apply specific skills in a game situation | C | | | | | |
| • Upon completion the student will be able to: Develop proficiency in the skills of soccer | C | | | | | |
| • Upon completion the student will be able to: Using learned methods of Physical Activity, an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other dimensions (i.e. psychological, spiritual and social) of their overall wellness. | | | | | P | |
| PHEDB24 - Intercollegiate Competition for Women: Golf | | | | | | |
| • Upon completion of the course, the student will be able to analyze and describe the proper mechanics of a golf swing. | | | | | P | |
| • Upon completion the student will be able to: Identify and apply the different characteristics of each golf club. | | | | | P | |
| • Upon completion the student will be able to: Develop the ability to manage the game and course. | | | | | P | |
| • Upon completion the student will be able to: Identify strengths and weaknesses of a golf swing. | | | | | P | |
| • Upon completion the student will be able to: Using learned principles of golf, an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other Dimensions. (i.e. Psychological, Spiritual and Social) of their overall wellness. | | | | | P | |
| PHEDB25 - Intercollegiate Competition for Women: Volleyball | | | | | | |
| • Upon completion of the course, the student will be able to Perform skills that include: serving, forearm passing, overhead setting, attacking, digging, blocking, and transition. | | | | | P | |
| • Upon completion the student will be able to: Analyze a scouting report, execute an effective game plan that evaluates both strengths and weaknesses for both teams. | | | | | P | |
| • Upon completion the student will be able to: Acquire the physical preparation and mental skill to consistently perform at an elite level. | | | | | P | |
| • Upon completion the student will be able to: Using learned methods of Physical Activity, an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other dimensions (i.e. psychological, spiritual and social) of their overall wellness. | | | | | P | |
| PHEDB25B - Intercollegiate Competition for Women: Beach Volleyball | | | | | | |
| • Upon completion the student will be able to: Perform skills that include: serving, forearm passing, overhead setting, attacking, digging, blocking, and transition. | | | | | P | |
| • Upon completion the student will be able to: Analyze a scouting report, execute an effective game plan that evaluates both strengths and weaknesses for both teams. | | | | | P | |
| • Upon completion the student will be able to: Acquire the physical preparation and mental skill to consistently perform at an elite level. | | | | | P | |
| • Upon completion the student will be able to: Using learned methods of Physical Activity, an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other dimensions (i.e. psychological, spiritual and social) of their overall wellness. | | | | | P | |

Physical Education Assessment Plan
Rev. 2/1/2021

| Physical Education | 16-17 | 17-18 | 18-19 | 19-20 | 20-21 | 21-22 |
|---|-------|-------|-------|-------|-------|-------|
| PHEDB28 - Intercollegiate Competition for Women:Basketball | | | | | | |
| • Upon completion of the course, the student will be able to Demonstrate the principles and skills of basketball. | | | | C | P | |
| • Upon completion the student will be able to:Explain the goals and objective of competition. | | | | C | P | |
| • Upon completion the student will be able to:Solve various game situation challenges. | | | | C | P | |
| • Upon completion the student will be able to:Apply the rules set forth for basketball by the N.C.A.A. in game situations. | | | | C | P | |
| • Upon completion the student will be able to:Demonstrate the offensive and defensive tactics of Basketball. | | | | C | P | |
| • Upon completion the student will be able to:Using learned methods of Physical Activity, an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other dimensions (i.e. psychological, spiritual and social) of their overall wellness. | | | | C | P | |
| PHEDB29 - Intercollegiate Competition for Women: Softball | | | | | | |
| • Upon completion of the course, the student will be able to Demonstrate NCAA softball rules as well as local rules regarding sport. | | | | | P | |
| • Upon completion the student will be able to:Analyze mechanical flaws through use of video. | | | C | | | |
| • Upon completion the student will be able to:Break down the physical skills required to participate safely and competitively. | | | C | | | |
| • Upon completion the student will be able to:Recognize what level of fitness and strength is needed. | | | C | | | |
| • Upon completion the student will be able to:Demonstrate safety knowledge in the areas of warm ups, sliding, fielding, hitting and throwing. | | | C | | | |
| • Upon completion the student will be able to:Using learned principles of Intercollegiate Softball an individual will be able to create avenues, throughout their lifetime, to maintain and improve their activity level and to realize the connection of this increased activity to other dimensions (i.e. psychological, spiritual and social) of their overall wellness. | | | | | P | |
| PHEDB32 - Shape Up | | | | | | |
| • Upon completion of the course, the student will be able to develop a general understanding of skeletal and muscular systems | C | | C | | | |
| • Upon completion the student will be able to: Put together a general muscular and cardiovascular endurance program. | C | | C | | | |
| • Upon completion the student will be able to: Be able to articulate general nutrition and exercise principles | | | C | | | |
| • Upon completion the student will be able to:Using learned methods of Physical Activity, an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other Dimensions (i.e. Psychological, Spiritual and Social) of their overall wellness. | | | C | | | |
| PHEDB33 - Intercollegiate Swimming | | | | | | |
| • Upon completion of the course, the student will be able to Define and explain NCAA official rules | C | | C | C | | |
| • Upon completion the student will be able to:Analyze and perform swim techniques to develop skills for competition | C | | C | C | | |
| • Upon completion the student will be able to:Design and evaluate nutritional plan for athletic competition | | | C | C | | |
| • Upon completion the student will be able to:Using learned methods of Physical Activity, an individual will be able to create avenues, throughout their lifetime, to maintain and improve their fitness levels and to realize the connection of this improved fitness to other dimensions (i.e. psychological, spiritual and social) of their overall wellness. | | | C | C | | |
| PHEDB34C - Intercollegiate Conditioning | | | | | | |
| • 1. Upon successful completion of the course, the student will be able to Evaluate strength and fitness levels for competition using standard fitness testing. | C | C | C | | | P |
| • 2. Upon successful completion of the course, the student will be able to investigate exercises used in their related to the sport. | C | C | C | | | |
| • 3. Upon successful completion of the course, the student will be able to Design, implement, and evaluate a personalized training program for athletes. | | C | C | | | |
| • 4. Upon successful completion of the course, the student will be able to Understand and apply safety techniques and etiquette to training. | | C | C | | | |
| • 5. Upon successful completion of the course, the student will be able to use learned methods of physical activity to create avenues to maintain and improve their fitness levels and to realize the connection of this improved fitness to other dimensions (i.e. psychological, spiritual and social) of their overall wellness. | | | C | | | |

Physical Education Assessment Plan
Rev. 2/1/2021

| Physical Education | 16-17 | 17-18 | 18-19 | 19-20 | 20-21 | 21-22 |
|---|-------|-------|-------|-------|-------|-------|
| PHEDB34S - Intercollegiate Sport Skill | | | | | | |
| • 1. Upon successful completion of the course, the student will be able to demonstrate strategic goals and sport tactics necessary for the intercollegiate environment. | | | | | | P |
| • 2. Upon successful completion of the course, the student will be able to perform sport specific skills necessary to safely and effectively compete in intercollegiate athletics. | | | | | | P |
| • 3. Upon successful completion of the course, the student will be able to assess game play as it relates to the rules and regulations set forth by the NCAA and CCCAA. | | | | | | P |
| • 4. Upon successful completion of the course, the student will be able to demonstrate a high level of sportsmanship and decorum throughout their intercollegiate career. | | | | | | P |
| PHEDB34WT - Intercollegiate Weight Training | | | | | | |
| • 1. Upon successful completion of the course, the student will be able to evaluate strength levels for competition using standard strength testing. | | C | C | | | |
| • 2. Upon successful completion of the course, the student will be able to demonstrate an understanding of proper safety when using specialized weight training techniques within the athlete's sport. | | C | C | | | |
| • 3. Upon successful completion of the course, the student will be able to design, implement, and evaluate a personalized strength training program for athletes. | | C | C | | | |
| • 4. Upon successful completion of the course, the student will be able to demonstrate an understanding of proper safety protocol for weight training. | | C | C | | | |
| PHEDB36 - First Aid and Cardiopulmonary Resuscitation | | | | | | |
| • 1. Upon successful completion of the course, the student will be able to describe and apply the emergency action principles. | C | C | C | | | |
| • 2. Upon successful completion of the course, the student will be able to evaluate an injured person and apply the care that is needed to help the victim. | C | | C | | | |
| • 3. Upon successful completion of the course, the student will be able to compare and contrast rescue breathing, conscious and unconscious choking, and CPR skills for the adult, the infant, and the child. | | | C | | P | |
| • 4. Upon successful completion of the course, the student will be able to evaluate blood borne pathogens and the care taken to minimize the risks of disease transmission. | | | C | | P | |
| • 5. Upon successful completion of the course, the student will be able to evaluate and analyze injuries to the muscles, bones, and joints as well as other soft tissue injuries. | | C | C | | | |
| • 6. Upon successful completion of the course, the student will be able to evaluate a victim's sudden illness. | | C | C | | | |
| • 7. Upon successful completion of the course, the student will be able to evaluate heat and cold emergencies. | | C | C | | | |
| PHEDB39A - Prevention and Care of Athletic Injuries | | | | | | |
| • Upon completion of the course, the student will be able to become familiar with common mechanisms of injury and be able to design and implement a plan for injury prevention. | | | C | C | | |
| • Upon completion the student will be able to: The student will be able to analyze and evaluate the effects of conditioning, stretching and strength training, on the role of injury prevention. | | C | C | C | | |
| • Upon completion the student will be able to: The student, through actual hands on experience will be trained to recognize, classify inspect and evaluate sports injuries. | | | C | C | | |
| • Upon completion the student will be able to: The student will identify the structural characteristics of the various tissues of the body and understand the relationship to injury susceptibility. | | | C | C | | |
| PHEDB39B - Advanced Athletic Training | | | | | | |
| • 1. Upon successful completion of the course, the student will evaluate specific athletic injuries and identify potential problems | | | | | | P |
| • 2. Upon successful completion of the course, the student will differentiate, describe and apply therapeutic cold and heat responses | | | | | | P |
| • 3. Upon successful completion of the course, the student will differentiate, describe and apply guidelines for the use of electrical stimulating currents and ultrasound | | | | | | P |
| • 4. Upon successful completion of the course, the student will design rehabilitation programs for various common athletic injuries and post -surgical techniques | | | | | | P |
| • 5. Upon successful completion of the course, the student will design pre-habilitation programs for student/athletes that need corrective exercises. | | | | | | P |

Physical Education Assessment Plan
Rev. 2/1/2021

| Physical Education | 16-17 | 17-18 | 18-19 | 19-20 | 20-21 | 21-22 |
|--|-------|-------|-------|-------|-------|-------|
| PHEDB42 - Introduction to Kinesiology | | | | | | |
| • Upon completion of the course, the student will be able to identify the basic concepts of Kinesiology | | | C | | | |
| • Upon completion the student will be able to: Describe the Historical, Ethical, and Philosophical Foundations of Kinesiology | C | | C | | | |
| • Upon completion the student will be able to: Identify the fundamental concepts of basic movements | | | C | | | |
| • Upon completion the student will be able to: Identify the relationship between performance in the movement forms of sport, dance, and exercise and the conceptual foundations of the sub-disciplines. | | | C | | | |
| • Upon completion the student will be able to: Identify the pathways and requirements for career opportunities | | C | C | | | |
| PHEDB43A - Principles and Theory of Athletic Coaching | | | | | | |
| • 1. Upon successful completion of this course, students will be able to; Demonstrate the knowledge and skills necessary to succeed as a professional in sport disciplines | | | | | | P |
| • 2. Upon successful completion of this course, students will be able to; Create a comprehensive seasonal plan for a specific sport of his/her choice. | | | | | | P |
| • 3. Upon successful completion of this course, students will be able to; communicate effectively with athletes as well as identify appropriate motivation techniques and principles. | | | | | | P |
| • 4. Upon successful completion of this course, students will be able to; recognize changing developmental patterns in athletes and modify instruction to support individual athlete's specific needs and developmental characteristics. | | | | | | P |
| • 5. Upon successful completion of this course, students will be able to; describe and recognize risk management, team management and self-management principles. | | | | | | P |
| PHEDB44 - Principles of Strength and Conditioning | | | | | | |
| • 1. Upon successful completion of the course, the student will be able to evaluate and assess the correct movement within the kinetic chain. | | | | | | P |
| • 2. Upon successful completion of the course, the student will be able to evaluate all phases of performance training to include strength, strength endurance, power, endurance, flexibility and balance. | | | | | | P |
| • 3. Upon successful completion of the course, the student will be able to evaluate, assess, and perform the back squat, front squat, overhead squat, clean and jerk and snatch following teaching progressions presented throughout the semester. | | | | | | P |
| • 4. Upon successful completion of the course, the student will be able to identify and assess metabolic details and requirements of aerobic and anaerobic sport movements. | | | | | | P |
| • 5. Upon successful completion of the course, the student will be able to create a training program for a given sport or event. | | | | | | P |
| PHEDB45A - Advanced Principles of Strength & Conditioning | | | | | | |
| • 1. Upon successful completion of the course, the student will be able to assess and correct movements within the kinetic chain. | | | | | | P |
| • 2. Upon successful completion of the course, the student will be able to define all phases of performance training to include strength, strength endurance, power, endurance, flexibility and balance. | | | | | | P |
| • 3. Upon successful completion of the course, the student will be able to safely perform the back squat, front squat, overhead squat, clean and jerk, and snatch following teaching progressions presented throughout the semester. | | | | | | P |
| • 4. Upon successful completion of the course, the student will be able to identify metabolic details and requirements of aerobic and anaerobic sport movements. | | | | | | P |
| • 5. Upon successful completion of this course, the student will be able to design a training program for a given sport and design and manage a weight room or training facility with regard for safety and liability. | | | | | | P |
| PHEDB48 - Wellness Walking and Jogging | | | | | | |
| • 1. Upon successful completion of this course, the student will be able to demonstrate an overall knowledge of aerobic fitness. | | | | | | P |
| • 2. Upon successful completion of this course, the student will be able to demonstrate intermediate walking and jogging skills. | | | | | | P |
| • 3. Upon successful completion of this course, the student will be able to develop a walking or jogging plan that will improve aerobic fitness. | | | | | | P |
| • 4. Upon successful completion of this course, the student will be able to examine the relationship of how nutrition and food nutrients improve body composition and performance. | | | | | | P |