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| **PHED B25B** |
| **Student Learning Outcomes or AUO** | **Measure** | **PLO** | **ILO** |  |
| 1. Perform skills that include: serving, forearm passing, overhead setting, attacking, digging, blocking, and transition. | Pre/post test | 1 | III | E.1 |
| 2. Analyze a scouting report, execute an effective game plan that evaluates both strengths and weaknesses for both teams. | Pre/post test | 1 | I, II, III | E.1 |
| 3. Acquire the physical preparation and mental skill to consistently perform at an elite level. | Pre/post test | 1 | III | E.1 |
| 4. 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. | Pre/post test | 5 | III, IV | E.1 |
| **PLOs:** 1. Analyze the history, research and current information in Kinesiology and their current applications. (Inquiry) 2. Demonstrate and explain the basic anatomy and physiological principles at work in both sport performance and general fitness activities. (Performance / Communication) 3. Demonstrate an understanding of the value and significance of physical activity for human development, human interactions and quality of life. (Content Knowledge & Interdisciplinary Connections) 4. Demonstrate and describe the primary aspects of injury and trauma response as a first responder. (Performance / Communication) 5. Recognize the principles of physical fitness development and maintenance as well as the body’s responses to physical activity. (Inquiry)**ILOs:**1. **Think critically and evaluate sources and information for validity and usefulness.**
2. **Communicate effectively in both written and oral forms.**
3. **Demonstrate competency in a field of knowledge or with job-related skills.**
4. **Engage productively in all levels of society – interpersonal, community, the state and nation, and the world.**

**GELOs:** **Use the GE categories from the catalog if this is a GE course.****A-E**Area E - Lifelong Understanding and Self-Development 1. Critically examine the development of the individual as an integrated physiological, psychological, spiritual, and social being. 2. Identify, describe and explain the interactions of the internal and external influences and effects in human development and behavior over the course of the human life span. |