

(PHED: 6WT Coeducational Team and Individual Activity : Weight Training)

Student Learning Outcomes or AUO	Measure	PLO	ILO	GE
1. Identify the major muscle groups.	Pre / Post Test Multiple Choice Evaluation	2	1	E.1
2. Demonstrate safety rules.		5	1	E.1
3. Demonstrate the major lifts for the upper and lower body, safely.	Pre / Post Test Functional Movement Evaluation	1 2	1	E.1
4. Contrast Strength and Endurance Weight Training.		1 2	1	E.1
5. 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.		1 2	1	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. **(Inquiry)**
2. Communicate effectively in both written and oral forms. **(Communication)**
3. Demonstrate competency in a field of knowledge or with job-related skills. **(Content Knowledge)**
4. Engage productively in all levels of society – interpersonal, community, the state and nation, and the world. **(Interdisciplinary Connections)**

GELOs:**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.