

**(PHED Cross Country)**

Student Learning Outcomes or AUO	Measure	PLO	ILO	GE
1. Use the correct terminology associated with cross country	Pre and Post season evaluation	3	2	E.1
2. Understand the NCAA rules and scoring procedures		3	3	E.2
3. Comprehend and assist in organization of meet management	Pre and Post meet organization	3	4	E.1
4. Explain the biomechanical principle for running		2	3	E.2
5. Evaluate race strategies and analyze the different strategies for different courses	Pre and Post race discussion	1	1	E.2
6. Compare and contrast aerobic and anaerobic training		3	1	E.1
7. Within described parameters, develop an individual strength training program for cross country	Pre and Post Skill test	5	1	E.2
8. Evaluate flexibility training as it relates to cross country	Pre and Post skill test	4	1	E.2

### **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.