



## Connecting Course/Service SLO's to Institutional Learning Outcomes (ILO)

**Division:** Applied Sciences  
**Department:** Wellness and Human Performance/Kinesiology  
**Course/Service Name:** WHP: Adaptive, Dance, Fitness, Combatives, Sports, Intercollegiate Sports, Theory  
**Person Completing Form:** Brenna Wundram  
**Extension:** x5394

Course/Service SLO	ILO (Indicate the ILO by inputting A, B or C in the boxes below)
<p>WHP 001A/F : Adaptive PE</p> <p>STUDENT LEARNING OUTCOMES – Upon completion of these courses, students will:</p> <ul style="list-style-type: none"> <li>Develop an understanding of the correct and safe use of various weight training equipment.</li> <li>Develop an understanding of the health benefits of consistent exercise in relation to his/her abilities.</li> <li>Demonstrate an increase in muscular strength and muscular endurance.</li> <li>Work cooperatively within groups.</li> </ul> <p>Develop an understanding of the benefits consistent cardiovascular activity.</p> <ul style="list-style-type: none"> <li>Develop an understanding of proper and safe use of cardiovascular equipment.</li> <li>Demonstrate an increase of cardiovascular endurance, muscular endurance and flexibility.</li> <li>Work cooperatively within teams or groups.</li> </ul>	<p>A, B and C</p>
<p>WHP 003B/C/F/L/S/V/W/X/Z: Dance</p> <p>STUDENT LEARNING OUTCOMES – Upon completion of these courses, students will:</p> <ul style="list-style-type: none"> <li>Demonstrate, with an increasing degree of proficiency, the ability to perform ballet barre and center combinations.</li> <li>Recognize and utilize ballet terminology at a beginning and intermediate level.</li> <li>Recognize and appreciate modern dance as an art form.</li> <li>Recognize movement as a tool for communication.</li> <li>Demonstrate increase in coordination, flexibility, balance, strength and endurance.</li> <li>Demonstrate a modern dance movement vocabulary.</li> <li>Recognize the fundamentals of music as they relate to dance.</li> <li>Express an understanding of time, space, force and design as it relates to dance.</li> <li>Select and execute modern dance movements for choreography and improvisation.</li> <li>Identify various social dances including origin, style, and rhythm</li> </ul> <p>Develop coordination, timing, flexibility, agility, grace and balance</p> <p>Practice the technique of leading and following</p> <p>Practice various combinations and performance skills</p> <p>Develop social skills, learn from different partners</p>	<p>A, B and C</p>

<p>WHP 004A/D/F/K/O/U Fitness:</p> <p>STUDENT LEARNING OUTCOMES – Upon completion of these courses, students will:</p> <ul style="list-style-type: none"> <li>Improve flexibility, range of motion, and muscle tone</li> <li>Develop various techniques of breathing to relieve tension and stress</li> <li>Practice techniques and approaches to relaxation</li> <li>Develop techniques to increase concentration</li> <li>Listen to the body and work within a framework of individual need</li> <li>Develop awareness of bodily functions and postural habits that will aid in the development of a strong and positive self-image</li> <li>Demonstrate improved cardiovascular endurance determined by an initial mile and a half run at the start of the semester. Demonstrate improved muscle strength and endurance determined by strength tests administered at the start of the semester.</li> <li>Demonstrate improved muscle strength and endurance determined by strength tests administered at the start of the semester.</li> <li>Use program exercise protocols for the treadmill, exercise bicycle, stair stepper, and cool-down prior to and after exercise.</li> <li>The student will be able to demonstrate a minimal degree of increase in muscle strength and endurance.</li> <li>The student will learn to identify the most common major muscle groups of the body; their actions, locations and exercises to develop them.</li> <li>Develop and perform the proper breathing, imprinting, and joint release techniques and to be able to use them in daily life.</li> <li>Demonstrate improved flexibility, strength, endurance, and overall fitness level.</li> <li>Identify and exhibit, with an increasing degree of efficiency, the skills and techniques of matwork and wellness strategies.</li> <li>The student will be able to perform sport specific fitness exercises.</li> <li>The student will be able to improve their fitness level from the start of the semester through the end of the semester</li> </ul>	<p>A, B and C</p>
<p>WHP 005J/K/L/M/N/O Combatives:</p> <p>STUDENT LEARNING OUTCOMES – Upon completion of these courses, students will:</p> <ul style="list-style-type: none"> <li>Understand and exhibit good etiquette towards the instructor and fellow students with-in the martial art.</li> <li>Accurately perform the basic skills that are unique to Karate.</li> <li>Develop short term and long term goals in skill acquisition and belt advancement</li> <li>The student will be able improve their balance and flexibility.</li> <li>Reduce everyday stress and feeling healthier</li> <li>The student will be able to use space safely and efficiently.</li> <li>The student will be able to accurately perform the beginning skills unique to aikido.</li> <li>Analyze and employ beginning aikido tactics and techniques.</li> <li>The student will be able to understand the etiquette of aikido.</li> <li>The student will be able to work within teams or groups.</li> </ul>	<p>A, B and C</p>

<p>WHP 007M/S/T/U/W and 008A/J/K/P/R/T/U Sports and Intercollegiate Sports</p> <p>STUDENT LEARNING OUTCOMES – Upon completion of these courses, students will:</p> <p>Perform basic skills, including throwing, fielding, batting, pitching, and base running.</p> <p>Work and compete within a team</p> <p>To provide experience in the basic principles of fast pitch softball skills.</p> <p>To demonstrate knowledge of the basic skills and training techniques necessary to develop strength, flexibility, and endurance.</p> <p>To demonstrate knowledge of basic skill progression used in fast pitch softball.</p> <p>To demonstrate knowledge of the basic levels of rules, scoring, and strategies for the competing player.</p> <p>To demonstrate knowledge of and application for the concepts associated with the advanced college play.</p> <p>Serve into the correct service area 9 out of 10 times.</p> <p>Return service into play 9 out of 10 times.</p> <p>Demonstrate effective forehand and backhand shots 9 out of 10 times.</p> <p>Demonstrate an effective clear shot 7 out of 10 times.</p> <p>Demonstrate an effective drop shot 5 out of 10 times.</p> <p>Rally and keep the birdie in play 5 consecutive hits.</p> <p>Demonstrate effective kill shots 7 out of 10 times.</p> <p>Serve into the correct service area 10 out of 10 times.</p> <p>Return service into play 10 out of 10 times.</p> <p>Demonstrate effective forehand and backhand shots 9 out of 10 times.</p> <p>Demonstrate an effective clear shot 8 out of 10 times.</p> <p>Demonstrate an effective drop shot 6 out of 10 times.</p> <p>Demonstrate effective shot placement 8 out of 10 times.</p>	<p>A, B and C</p>
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<p>WHP 025/26/80 Theory</p> <p>STUDENT LEARNING OUTCOMES – Upon completion of these courses, students will:</p> <p>Upon completion of Anatomy &amp; Kinesiology, student will be able to identify the major bones of the skeletal system and their landmark, major muscles of the human body responsible for movement, major movements of the body, and major joints of the body in addition to anatomical and kinesiological terminology.</p> <p>In addition student will learn how to analyze specific sport movements and what muscles are contributing to those movements.</p> <p>The student will be able to design a total body weight training routing to develop the following: muscle strength, endurance, tone/definition and cardiovascular condition.</p> <p>The student will be able to design routines to develop specific body parts such as the arms, chest, legs, etc.</p> <p>Identify dance artists, choreography, performance, and related arts. Dances from many cultures are introduced. Styles and forms such as folk, ethnic, social, square, tap, jazz, ballet and modern are explored. Specific emphasis is placed on 19<sup>th</sup> and 20<sup>th</sup> century dance from western culture.</p> <p>Correlate dance events with those of other subject fields: art, literature, music.</p> <p>Identify dance elements comprised in choreography and become acquainted with dance fundamentals, including terminology, in order to communicate ideas about dance.</p> <p>Develop visual and auditory skills and concepts that help students become comfortable with dance.</p> <p>Observe, analyze and discuss dance with greater understanding.</p> <p>Identify and appreciate dance as art, education, and science and understand how dance can enhance our daily living.</p>	<p>A, B and C</p>
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<p><b>Institutional Learning Outcomes (ILO)</b></p>	
<p><b>A. Communication and Information Competency:</b> The student will demonstrate the ability to acquire, evaluate, send and receive information in a variety of modes including written, spoken, scientific, and mathematical language.</p>	
<p><b>B. Critical Thinking:</b> The student will demonstrate an understanding of the methods by which information may be investigated, analyzed, synthesized, and utilized. The student will be able to apply this knowledge to creatively solve problems and develop new theories.</p>	
<p><b>C. Personal Development:</b> Students will respect and work with diverse people including those with different cultural and linguistic backgrounds and different abilities. Students will demonstrate an understanding of ethical issues and the development of personal values that will enhance their capacity for working with others.</p>	

***\*This form is due no later than April 13, 2013***