

COM GE SLO Mapping 2016: Area H

Physical Activity GE AREA H SLOs:	Implement a cardiorespiratory, muscular strength and endurance plan compatible with your goals and lifestyle	Identify how much and the types of physical activity one should do for optimal health and wellness.
DANC 111		
DANC 111A		
DANC 111B		
DANC 111C		
DANC 111D		
DANC 112		
DANC 117	B. practice an effective warm-up and cool-down. C. recognize and incorporate proper conditioning and injury prevention practices.	C. recognize and incorporate proper conditioning and injury prevention practices.
DANC 119	2. Demonstrate strength and flexibility	
DANC 121	2. Demonstrate strength and flexibility	
DANC 122A	Develop strength and flexibility	
DANC 122B	Develop strength and flexibility	
DANC 123A		
DANC 123B		
DANC 126A		Recognize incorrect adult alignment
DANC 126B	2. Demonstrate strength, flexibility, balance and muscular coordination	
DANC 126C		4. Recognize correct alignment as involving the head, neck, shoulders, ribs, sternum, hips, knees, ankles and feet
DANC 126D	2. Demonstrate standing leg stability and consistency 3. Recognize the differences between weight on one leg vs weight on two 4. Demonstrate correct alignment on two legs then one 5. Demonstrate balances on two legs then on one	
DANC 128A		4. Recognize the importance of a stable core 6. Differentiate between muscle groups and the correct muscles required to produce rotation and balances

COM GE SLO Mapping 2016: Area H

		7. Recognize the importance of a stable core 9. Recognize correct vs. incorrect placement 10. Differentiate between muscle groups and the correct muscles required to produce any given level II movement
DANC 128B	1. Demonstrate consistency in performing proper skeletal alignment	
DANC 130A		Demonstrate knowledge of human anatomy and how it relates to movement
DANC 130B		
DANC 130C		
DANC 130D	4. Increase endurance, strength and flexibility	
DANC 132		
DANC 133A		
DANC 133B	Increase endurance strength and	
DANC 134		
DANC 135		
DANC 139		
DANC 142A		
DANC 160A		
DANC 160B		
DANC 161		
DANC 170	Demonstrate strength and flexibility	
DANC 171		
DANC 172		
DANC 173		
DANC 175	2. Demonstrate strength, flexibility, balance and muscular coordination 3. Demonstrate knowledge of injury prevention	
DANC 227A		
DANC 227B		
DANC 233A		
DANC 233B		
DANC 241A		
DANC 241B		
DANC 241C		
DANC 241D		
KIN 110A	- Exhibit core strength, greater flexibility and heightened body awareness.	Defend the benefits of working with neutral pelvis and spine

COM GE SLO Mapping 2016: Area H

KIN 110B	Develop a working knowledge and awareness of skeletal alignment and body mechanics in relation to the Pilates technique.	
KIN 110C	<p>-Demonstrate the significance of co-contraction to help with the achievement of optimal technique to reduce risk of injury to the back.</p> <p>-Demonstrate increased strength and flexibility as they move into the advanced work.</p>	<p>Recognize and explain which muscles are used to maintain pelvic and spinal stability in the intermediate exercise repertoire.</p> <p>-Identify the bony landmarks of the pelvis and hip that are helpful in generating core alignment and stability.</p>
KIN 110D	~Discuss and demonstrate the execution of the fundamental exercises.	~Recognize when to use modifications of exercise as they progress to the advanced work.
KIN 112A	<p>1. Develop correct body posture and increase flexibility.</p> <p>2. Identify and track resting heart rate and training heart rate.</p>	3. Explain the relationship between food, exercise and body composition.
KIN 112B	3. Demonstrate skill development in one of the following: movement patterns, coordination, timing, intensity or kinesthetic awareness.	<p>1. Describe the difference between Aerobic and Anaerobic exercise.</p> <p>2. Explain how cardiorespiratory fitness is a key component of your overall fitness and wellness</p>
KIN 112C		2. Identify the key structures of the cardiorespiratory system and state how they work together to provide oxygen to the body
KIN 112D	1. Demonstrate three flexibility exercises that increase the range of motion around a joint or group of muscles.	
KIN 117A		
KIN 117B		
KIN 117C		
KIN 117D		

COM GE SLO Mapping 2016: Area H

KIN 118		<ol style="list-style-type: none"> 1. Explain the relationship between food intake and athletic performance. 2. Discuss the effects of carbohydrate, fat and protein on exercise performance as well as the need for selected vitamins, minerals, electrolytes and water. 3. Learn to evaluate the safety and reliability of ergogenics, dietary supplements and marketing claims. 4. Design a sports specific nutritional plan for pre-, during and post-exercise. 5. Apply recommendations for hydration and replacement electrolytes prior to, during and after training.
KIN 121		<ol style="list-style-type: none"> 1. Develop practical skills in teaching, evaluating, and motivating participants in healthy activities 2. Properly screen and identify possible contraindications 3. Demonstrate the knowledge and ability to instruct proper performance of injury prevention techniques
KIN 125A	<ol style="list-style-type: none"> 1. Identify your fitness and wellness goals using the SMART% goal-setting guidelines 3. Demonstrate improved fitness by increasing endurance, strength or lean body mass. 	<ol style="list-style-type: none"> 2. Describe the three primary levels of physical activity and their benefits.
KIN 125B	<ol style="list-style-type: none"> 1. Produce a fitness routine that incorporates the major muscle groups of the upper-body. 2. Construct an aerobic and anaerobic fitness workout program. 3. Design a variety of workout routines that will improve their overall health and fitness. 	
KIN 125C	<ol style="list-style-type: none"> 1. Incorporate general strategies for exercising safely 3. Demonstrate improved fitness by increasing endurance, strength or lean body mass. 	<ol style="list-style-type: none"> 2. Explain how following the principles of overload, progression, specificity, reversibility, individuality and recovery will increase your fitness program success.

COM GE SLO Mapping 2016: Area H

KIN 125D	<p>1. Implement a cardiorespiratory exercise plan compatible with your goals and lifestyle.</p> <p>3. Evaluate changes in muscle fitness during the semester by assessing strength and endurance at regular intervals.</p>	2. Describe the fitness and wellness benefits of cardiorespiratory training
KIN 126	<p>1. Reduce the risk of injury due to stress on joints and muscles</p> <p>2. Improve dynamic flexibility</p> <p>3. Condition the athlete for competitive situations</p> <p>4. Enhance athletic movement, change of direction, and speed reaction time</p>	
KIN 127	<p>~Demonstrate improved fitness by increasing strength, flexibility, endurance, and explosion</p> <p>~Analyze and determine the demands of your individual sport</p>	~Design a variety of functional training routines with limited or no equipment that will improve overall health and fitness
KIN 129A		
KIN 129B		
KIN 129C		
KIN 129D		
KIN 147	4. Apply soccer fitness principles to gain endurance, strength, power and coordination.	
KIN 155A	5. Complete 3-10 minute swims, during the semester, without stopping	
KIN 155B	5. Complete 3-12 minute swims, during the semester, without stopping	
KIN 155C	4. Complete 3-15 minute swims, during the semester, without stopping	3. Describe techniques needed to acquire and maintain cardiovascular fitness through swimming
KIN 155D	5. Complete 3-20 minute swims, during the semester, without stopping	

COM GE SLO Mapping 2016: Area H

KIN 156A	2.Demonstrate the ability to swim for 10 minutes without stopping 3.Create an individual swim workout that challenges your cardiovascular system	1.Explain how cardiorespiratory fitness is a key component of your overall fitness and wellness
KIN 156B	1.Create an individual swim workout that challenges your cardiovascular system 2.Demonstrate the ability to swim for 12 minutes without stopping 3.Describe the fitness and wellness benefits you can get from cardiorespiratory training	1.Create an individual swim workout that challenges your cardiovascular system
KIN 156C	1.Create an individual swim workout that challenges your cardiovascular system 2.Demonstrate the ability to swim for 15 minutes without stopping 3.Assess your cardiorespiratory fitness level using resting and exercise heart rate as a tool	1.Create an individual swim workout that challenges your cardiovascular system
KIN 156D	1.Demonstrate the ability to swim for 20 minutes without stopping 3.Demonstrate improved cardiovascular endurance by implementing a swim routine that challenges your individual	2.Summarize the myriad of training tools used to improve swim technique to improve cardiovascular fitness
KIN 160A		
KIN 160B		
KIN 160C		
KIN 160D		
KIN 164		~Demonstrate basic principles of conditioning, physiology, and anatomy. ~Differentiate between anaerobic and aerobic training. ~Identify care and prevention of common injuries.
KIN 167A		
KIN 167B		
KIN 167C		
KIN 167D		
KIN 169A		
KIN 169B		
KIN 169C		
KIN 169D		

COM GE SLO Mapping 2016: Area H

KIN 173A		2. Identify individual strengths and limitations of their Yoga practice. 3. Define how the Yoga poses enhance physical and mental well being.
KIN 173B		3. Recognize and label the major bones of the body and know their relationship to the poses
KIN 173C	3. Design an individual home practice using the poses introduced in class.	
KIN 173D		
KIN 175		2. Identify modifications and use of props to customize poses 3. Summarize the significance of an at home yoga practice.
KIN 176	2. Develop physically, mentally, emotionally, and socially through participation in a competitive sport.	
KIN 180		
KIN 181		
KIN 182		
KIN 183	3. Develop the skills of goal setting and mental preparation.	
KIN 185	2. Develop physically, mentally, emotionally and socially through participation in a competitive sport.	1. Describe a training program to enhance performance specific to their event.
KIN 190		
KIN 191		
KIN 192		3. Identify care and prevention of common injuries.
KIN 193		~ Develop, organize and formulate a swimming practice plan.
KIN 194		
KIN 196		
KIN 198		~ Develop, organize and formulate a work out plan for one or more events and create practice plan for each event.

COM GE SLO Mapping 2016: Area H

PE 070	<p>2. Demonstrate ability to complete obtainable objectives set forth at semester's onset;</p> <p>3. Apply new skills to activities of daily living;</p>	
PE 071	<p>2. Integrate aerobic fitness, strength, flexibility, coordination, and balance training into students' daily lives;</p>	<p>1. Describe the five components of fitness and how they relate to students' personal health goals;</p> <p>2. Integrate aerobic fitness, strength, flexibility, coordination, and balance training into students' daily lives;</p>
PE 072	<p>1. Complete a variety of activities in the weight room that will improve overall conditioning;</p> <p>2. Demonstrate increased strength and endurance, via fitness program log;</p> <p>3. Demonstrate proper use of Keiser equipment to strengthen major large muscles.</p>	
PE 074	<p>1. Demonstrate an understanding of how practicing yoga can enhance physical and mental well being;</p> <p>2. Demonstrate the ability to perform 3 poses that would relax physical tension</p> <p>3. Measure improved strength and flexibility;</p>	
PE 075	<p>1. Demonstrate improved coordination and balance;</p> <p>2. Integrate skills learned into daily activities;</p> <p>3. Synthesize awareness of moving from the dantien (center);</p>	

COM GE SLO Mapping 2016: Area H

PE 076		
PE 079	aging or trauma. 2. Improve posture through learning a dynamic skeletal alignment. 3. Relieve aches and pains. 4. Minimize stress and tension. 5. Develop stability, balance and flexibility. 6. Enhance physical and emotional well-being.	