

# APR Instructional Physical Education 2022-23 Latest Version

Annual program review for physical education, reviewing the 2022-23 academic year

## APR Instructional

Annual Course Student Learning Outcome Data : Version by **Bangs, Michael** on **12/14/2023 23:36**

CSLOs	Expected/Benchmark Performance	Actual Performance (Aggregate of All Terms)
PEF550 - Fitness for Life (Adult Wellness)		
1. Develop cardiovascular, muscular strength, and muscle endurance conditioning. (Active from Fall 2015)	70.00%	0.00%
2. Improve flexibility, joint range of motion, and core strength. (Active from Fall 2015)	70.00%	0.00%
3. Monitor training heart rate, exercise intensity, and contraindicators to exercise. (Active from Fall 2015)	70.00%	0.00%
4. Understand coronary heart disease risk factors, degenerative conditions with aging, and nutritional information related to health, cancer, weight gain or loss. (Active from Fall 2015)	70.00%	0.00%
PEF551 - Fitness for Life (Adult Wellness II)		
1. Demonstrate cardiovascular, muscular strength, and muscle endurance conditioning. (Active from Summer 2020)	70.00%	0.00%
2. Demonstrate flexibility, joint range of motion, and core strength. (Active from Summer 2020)	70.00%	0.00%
3. Evaluate training heart rate, exercise intensity, and contraindicators to exercise. (Active from Summer 2020)	70.00%	0.00%
4. Identify coronary heart disease risk factors, degenerative conditions with aging, and nutritional information related to health, cancer, weight gain or loss. (Active from Summer 2020)	70.00%	0.00%
PEF552 - Wellness/Health Older Adult		
1. Develop a comprehensive wellness and health program including nutrition, stress management, physical activity, sleep, and disease prevention/management. (Active from Summer 2019)	70.00%	0.00%
2. Learn how to safely and effectively perform balance, flexibility, strength, and cardiovascular endurance exercises. (Active from Summer 2019)	70.00%	0.00%
3. Understand causes and risk factors for diabetes, heart disease, hypertension, cancer, osteoporosis, arthritis, and obesity. (Active from Summer 2019)	70.00%	0.00%
4. Develop strategies for preventing and/or managing diabetes, heart disease, hypertension, cancer, osteoporosis, arthritis, and obesity. (Active from Summer 2019)	70.00%	0.00%
PEH100 - Personal Health and Wellness		
1. Conduct a self-assessment of the six dimensions of wellness. (Active from Summer 2019)	70.00%	100.00%
2. Conduct a self-assessment/plan of current diet, including recommendations for changes to become more healthy. (Active from Summer 2019)	70.00%	100.00%
3. Conduct a self-assessment/plan of current physical activity level, including recommendations for changes to become more healthy. (Active from Summer 2019)	70.00%	100.00%
4. Conduct a self-assessment/plan of stress and mental health, including strategies to become more healthy. (Active from Summer 2019)	70.00%	100.00%
5. Conduct a self-assessment/plan of relationships (including sexuality) and recommend changes to become more healthy. (Active from Summer 2019)	70.00%	100.00%

CSLOs	Expected/Benchmark Performance	Actual Performance (Aggregate of All Terms)
6. Conduct an assessment/plan of local community environmental health. List strategies to help make local environment more healthy. (Active from Summer 2019)	70.00%	100.00%
7. Develop a survey (set of questions) to assess the overall health of an individual. (Active from Summer 2019)	70.00%	100.00%
PEH101 - Nutrition		
1. Analyze personal five-day food intake. (Active from Spring 2020)	70.00%	100.00%
2. Analyze nutritional principles and apply them to daily eating habits for maximum health benefits. (Active from Spring 2020)	70.00%	100.00%
3. Identify nutritional needs for weight management, fitness, and the aging lifecycle. (Active from Spring 2020)	70.00%	100.00%
4. Describe nutritional issues and possible solutions. (Active from Spring 2020)	70.00%	0.00%
PET100 - Introduction to Exercise Science		
1. Communicate using the specialized languages of exercise physiology, biomechanics, motor learning, and exercise psychology. (Active from Winter 2020)	70.00%	0.00%
2. Demonstrate knowledge of the structure and function of major human systems that impact exercise. (Active from Winter 2020)	70.00%	0.00%
3. Demonstrate knowledge of physiological adaptations to exercise of major human systems. (Active from Winter 2020)	70.00%	0.00%
4. Apply principles of exercise physiology to various physical activities. (Active from Winter 2020)	70.00%	0.00%
PET101 - Exercise Program Design		
1. Formulate exercise programs to meet the needs of strength/power athletes. (Active from Fall 2015)	70.00%	0.00%
2. Develop exercise programs for endurance athletes. (Active from Fall 2015)	70.00%	0.00%
3. Apply appropriate teaching cues for fitness instruction. (Active from Fall 2015)	70.00%	0.00%
4. Communicate using the specialized language of exercise science. (Active from Fall 2015)	70.00%	0.00%
PET103 - Fitness Assessment		
1. Apply fitness testing, health appraisal, and screening measures. (Active from Fall 2015)	70.00%	0.00%
2. Exhibit the necessary skills to administer the following fitness tests: muscular strength and endurance, cardio-respiratory, body composition, and flexibility. (Active from Fall 2015)	70.00%	0.00%
3. Design exercise programs based on the screening and fitness assessment data. (Active from Fall 2015)	70.00%	0.00%
PET104 - Introduction to Kinesiology		
1. Evaluate the spheres and importance of our physical activity experiences. (Active from Summer 2020)	70.00%	90.00%
2. Demonstrate the fundamental concepts associated with history, philosophy, sociology, motor learning, biomechanics, physiology of exercise, and psychology of sport and exercise. (Active from Summer 2020)	70.00%	90.00%
PET104 - Introduction to Kinesiology		
3. Identify career opportunities within the fields of physical education, kinesiology, fitness, and sport. (Active from Fall 2015)	70.00%	90.00%
PET106 - First Aid and CPR		
1. Identify signs and symptoms associated with common medical emergencies. (Active from Summer 2020)	70.00%	100.00%

CSLOs	Expected/Benchmark Performance	Actual Performance (Aggregate of All Terms)
2. Identify injury and medical emergencies and apply an emergency action plan by demonstrating first aid care. (Active from Summer 2020)	70.00%	100.00%
PET106 - First Aid and CPR		
3. Demonstrate American Red Cross first aid care, CPR, AED, bandaging and splinting techniques, and emergency rescue moves. (Active from Fall 2015)	70.00%	100.00%
4. Evaluate and set personal goals for a healthy and safe lifestyle. (Active from Fall 2015)	70.00%	100.00%
PEA100A - Pre-Season Soccer Training - Men		
1. Prepare to compete on an intercollegiate soccer team at a maximum level of athletic performance. (Active from Fall 2015)	70.00%	0.00%
2. Develop cardiovascular conditioning and associated characteristics of flexibility, strength, speed, agility, and footwork. (Active from Fall 2015)	70.00%	0.00%
3. Develop and demonstrate fundamental soccer techniques of dribbling, kicking, shooting, passing, heading, tackling, trapping, and crossing at a high skill level. (Active from Fall 2015)	70.00%	0.00%
4. Demonstrate a high level understanding and performance of offensive and defensive tactical considerations. (Active from Fall 2015)	70.00%	0.00%
PEA100B - Pre-Season Soccer Training - Women		
1. Prepare to compete on an intercollegiate soccer team at a maximum level of athletic performance. (Active from Fall 2015)	70.00%	0.00%
2. Develop cardiovascular conditioning and associated characteristics of flexibility, strength, speed, agility, and footwork. (Active from Fall 2015)	70.00%	0.00%
3. Develop and demonstrate fundamental soccer techniques of dribbling, kicking, shooting, passing, heading, tackling, trapping, and crossing at a high skill level. (Active from Fall 2015)	70.00%	0.00%
4. Demonstrate a high level understanding and performance of offensive and defensive tactical considerations. (Active from Fall 2015)	70.00%	0.00%
PEA101A - Intercollegiate Soccer I - Men		
1. Develop and demonstrate fundamental soccer skills of dribbling, kicking, shooting, passing, heading, tackling, trapping, and crossing. (Active from Fall 2015)	70.00%	0.00%
2. Apply offensive and defensive tactical considerations as it applies to team philosophy and game strategy. (Active from Fall 2015)	70.00%	0.00%
3. Identify and apply official soccer rules per conference, state, and college organizations. (Active from Fall 2015)	70.00%	0.00%
PEA101B - Intercollegiate Soccer I - Women		
1. Develop and demonstrate fundamental soccer skills of dribbling, kicking, shooting, passing, heading, tackling, trapping, and crossing. (Active from Fall 2015)	70.00%	0.00%
2. Apply offensive and defensive tactical considerations as it applies to team philosophy and game strategy. (Active from Fall 2015)	70.00%	0.00%
3. Identify and apply official soccer rules per conference, state, and college organizations. (Active from Fall 2015)	70.00%	0.00%
PEA101C - Intercollegiate Soccer II - Men		
1. Develop and demonstrate fundamental soccer skills of dribbling, kicking, shooting, passing, heading, tackling, trapping, and crossing. (Active from Fall 2015)	70.00%	100.00%

CSLOs	Expected/Benchmark Performance	Actual Performance (Aggregate of All Terms)
2. Apply offensive and defensive tactical considerations as it applies to team philosophy and game strategy. (Active from Fall 2015)	70.00%	100.00%
3. Identify and apply official rules per conference, state, and college organizations. (Active from Fall 2015)	70.00%	100.00%
4. Maintain academic eligibility through counseling, success program, and mentoring. (Active from Fall 2015)	70.00%	100.00%
PEA101D - Intercollegiate Soccer II - Women		
1. Develop and demonstrate fundamental soccer skills of dribbling, kicking, shooting, passing, heading, tackling, trapping, and crossing. (Active from Fall 2015)	70.00%	100.00%
2. Apply offensive and defensive tactical considerations as it applies to team philosophy and game strategy. (Active from Fall 2015)	70.00%	100.00%
3. Identify and apply official rules per conference, state, and college organizations. (Active from Fall 2015)	70.00%	100.00%
4. Maintain academic eligibility through counseling, success program, and mentoring. (Active from Fall 2015)	70.00%	100.00%
PEA102A - Sports Techniques and Conditioning - Soccer		
1. Demonstrate improved physical conditioning performance in strength, endurance, speed, power, agility, and reaction time. (Active from Fall 2015)	70.00%	100.00%
2. Demonstrate improved fundamental soccer related techniques related to passing, shooting, heading, crossing, and dribbling. (Active from Fall 2015)	70.00%	100.00%
3. Apply game related tactics and strategies for both offense and defense. (Active from Fall 2015)	70.00%	100.00%
PEA131B - Special Topics: Offseason Training - Soccer		
1. Demonstrate improved physical conditioning performance in strength, endurance, speed, power, agility, and reaction time. (Active from Winter 2021)	70.00%	0.00%
2. Demonstrate improved fundamental soccer related techniques related to passing, shooting, heading, crossing, and dribbling. (Active from Winter 2021)	70.00%	0.00%
3. Apply game related tactics and strategies for both offense and defense. (Active from Winter 2021)	70.00%	0.00%
PEF101C - People on Weights: Beginning		
1. Demonstrate correct form and technique while strength training. (Active from Winter 2020)	70.00%	100.00%
2. Apply proper techniques to increase flexibility. (Active from Winter 2020)	70.00%	100.00%
3. Understand the benefits of postural training. (Active from Winter 2020)	70.00%	100.00%
4. Learn simple muscle groups of the body. (Active from Winter 2020)	70.00%	100.00%
PEF101F - Interval Training: Beginning		
1. Develop improved muscle strength and endurance. (Active from Summer 2019)	70.00%	100.00%
2. Apply beginning training concepts and techniques. (Active from Summer 2019)	70.00%	100.00%
PEF103A - Boot Camp (A)		
1. Demonstrate an increase in fitness, flexibility, strength, and endurance. (Active from Summer 2021)	70.00%	100.00%
2. Identify and evaluate a personal exercise fitness program. (Active from Summer 2021)	70.00%	100.00%
PEF103B - Boot Camp (B)		
1. Improve cardiorespiratory fitness as it applies to strength, endurance, speed, stamina, and flexibility. (Active from Winter 2020)	70.00%	100.00%
PEF103B - Boot Camp (B)		

CSLOs	Expected/Benchmark Performance	Actual Performance (Aggregate of All Terms)
2. Identify and evaluate a personal exercise fitness program. (Active from Summer 2021)	70.00%	100.00%
PEF118A - Badminton 1		
1. Identify and apply badminton terminology, etiquette, equipment, and scoring rules. (Active from Summer 2019)	70.00%	100.00%
2. Demonstrate basic fundamental skills and techniques for grip, serve, clear, drive, and net drops. (Active from Summer 2019)	70.00%	100.00%
PEF118B - Badminton 2		
1. Identify and apply the rules and basic court positioning for singles and doubles team play. (Active from Summer 2019)	70.00%	100.00%
2. Recognize, describe, and demonstrate intermediate skills and techniques related to smash, back court drops, and smash blocks. (Active from Summer 2019)	70.00%	100.00%
PEF118C - Badminton 3		
1. Identify and apply singles and doubles court strategies, positioning, and footwork. (Active from Summer 2019)	70.00%	0.00%
2. Demonstrate and execute advanced shot flight patterns and strategies for all strokes and shot selection. (Active from Summer 2019)	70.00%	0.00%
PEF118D - Badminton 4		
1. Identify and apply offensive strategies and tactics to singles and doubles play. (Active from Winter 2020)	70.00%	0.00%
2. Identify and apply defensive strategies and tactics to singles and doubles play. (Active from Winter 2020)	70.00%	0.00%
PEF118E - Badminton 5		
1. Detect and correct personal stroke mechanics via the use of video analysis. (Active from Winter 2020)	70.00%	0.00%
2. Analyze and assess singles and doubles game play via the use of video analysis. (Active from Winter 2020)	70.00%	0.00%
PEF118F - Badminton 6		
1. Demonstrate strategic outcomes in a competitive singles and doubles tournament style game play. (Active from Summer 2019)	70.00%	100.00%
PEF120A - Weight Training 1		
1. Demonstrate proficiency with machine based strength training exercises. (Active from Winter 2020)	70.00%	75.00%
2. Apply weight training principles. (Active from Winter 2020)	70.00%	75.00%
PEF120B - Weight Training 2		
1. Demonstrate proficiency with barbell based strength training exercises. (Active from Winter 2020)	70.00%	50.00%
2. Critique health benefits of weight training. (Active from Winter 2020)	70.00%	50.00%
PEF120C - Weight Training 3		
1. Demonstrate proficiency with dumbbell-based strength training exercises. (Active from Winter 2020)	70.00%	100.00%
2. Design a weight training program. (Active from Winter 2020)	70.00%	100.00%
PEF121A - Cardiovascular Conditioning 1		
1. Demonstrate proficiency with two cardiovascular exercise modes. (Active from Winter 2020)	70.00%	100.00%
2. Apply cardiovascular conditioning principles. (Active from Winter 2020)	70.00%	100.00%
PEF121B - Cardiovascular Conditioning 2		
1. Demonstrate proficiency with three cardiovascular exercise modes. (Active from Winter 2020)	70.00%	66.67%
2. Describe the health benefits of cardiovascular exercise. (Active from Winter 2020)	70.00%	66.67%
PEF121C - Cardiovascular Conditioning 3		

CSLOs	Expected/Benchmark Performance	Actual Performance (Aggregate of All Terms)
1. Demonstrate proficiency with four cardiovascular exercise modes. (Active from Winter 2020)	70.00%	100.00%
2. Design a cardiovascular conditioning program. (Active from Winter 2020)	70.00%	100.00%
PEF123A - Basketball 1		
1. Demonstrate basic shooting technique. (Active from Winter 2020)	70.00%	93.33%
2. Apply basketball rules. (Active from Winter 2020)	70.00%	100.00%
PEF123B - Basketball 2		
1. Execute beginning level cross over dribble. (Active from Winter 2020)	70.00%	100.00%
2. Demonstrate lay up technique with dominant hand. (Active from Winter 2020)	70.00%	100.00%
PEF123C - Basketball 3		
1. Demonstrate beginning-intermediate level overhead passing skills. (Active from Winter 2020)	70.00%	100.00%
2. Execute beginning-intermediate level off-hand lay up technique. (Active from Winter 2020)	70.00%	100.00%
PEF123D - Basketball 4		
1. Demonstrate intermediate level pull-up jump shot technique. (Active from Winter 2020)	70.00%	0.00%
2. Execute intermediate level "Pearl" dribble. (Active from Winter 2020)	70.00%	0.00%
PEF123E - Basketball 5		
1. Demonstrate intermediate-advanced level, off-the-pass, jump shot technique. (Active from Winter 2020)	70.00%	0.00%
2. Execute intermediate-advanced level between-the-legs dribble. (Active from Winter 2020)	70.00%	0.00%
PEF123F - Basketball 6		
1. Demonstrate advanced level floater shot technique. (Active from Winter 2020)	70.00%	0.00%
2. Execute advanced level behind the back dribble. (Active from Winter 2020)	70.00%	0.00%
PEF124A - Volleyball 1		
1. Apply beginning level skills of the volley, forearm pass, set, serve, spike and block. (Active from Summer 2019)	70.00%	100.00%
2. Demonstrate basic etiquette, rules, strategies, and scoring in volleyball. (Active from Summer 2019)	70.00%	100.00%
PEF124B - Volleyball 2		
1. Demonstrate greater proficiency with beginning level skills during court coverage in offensive and defensive situations. (Active from Summer 2019)	70.00%	100.00%
2. Demonstrate and maintain beginning level volleyball related physical efficiency and fitness. (Active from Summer 2019)	70.00%	100.00%
PEF124C - Volleyball 3		
1. Demonstrate intermediate level skills of the volley, forearm pass, set, serve, spike and block. (Active from Summer 2019)	70.00%	100.00%
2. Demonstrate the qualities of sportsmanship, cooperation, and initiative with advancing ball control and game play. (Active from Summer 2019)	70.00%	100.00%
PEF124D - Volleyball 4		
1. Demonstrate a greater proficiency with intermediate level skills during court coverage in offensive and defensive situations. (Active from Summer 2019)	70.00%	100.00%
2. Demonstrate intermediate level volleyball related physical efficiency and fitness. (Active from Summer 2019)	70.00%	100.00%
PEF124E - Volleyball 5		

CSLOs	Expected/Benchmark Performance	Actual Performance (Aggregate of All Terms)
1. Demonstrate advanced level skills of the volley, forearm pass, set, serve, spike and block using video analysis. (Active from Summer 2019)	70.00%	100.00%
2. Demonstrate advanced levels of volleyball related physical efficiency and fitness. (Active from Summer 2019)	70.00%	100.00%
PEF124F - Volleyball 6		
1. Demonstrate a greater proficiency with advanced level skills during court coverage in offensive and defensive situations. (Active from Summer 2019)	70.00%	100.00%
2. Demonstrate tournament level team tactics and strategies during game play. (Active from Summer 2019)	70.00%	100.00%
PEF125A - Golf 1		
1. Identify and apply golf terminology and etiquette. (Active from Summer 2019)	70.00%	100.00%
2. Demonstrate basic fundamental skills and techniques for the golf setup and mechanics for each skill: putting, chipping, pitching, and full swing. (Active from Summer 2019)	70.00%	100.00%
PEF125B - Golf 2		
1. Identify and apply basic golf course rules. (Active from Summer 2019)	70.00%	100.00%
2. Recognize, describe, and demonstrate basic setup procedures for putting, chipping, pitching, and full swing. (Active from Summer 2019)	70.00%	100.00%
3. Recognize, describe, and demonstrate swing techniques for putting, chipping, pitching, and full swing. (Active from Summer 2019)	70.00%	100.00%
PEF125C - Golf 3		
1. Identify and apply advanced golf rules, terminology, and definitions. (Active from Fall 2015)	70.00%	0.00%
2. Recognize, describe, and demonstrate the advanced swing mechanics and alternative theories for putting, chipping, pitching, full swing. (Active from Fall 2015)	70.00%	0.00%
3. Recognize, describe, and demonstrate skills and techniques for sand play. (Active from Fall 2015)	70.00%	0.00%
PEF125D - Golf 4		
1. Recite basic set up and swing mechanics for putting, chipping, pitching, and full-swing. (Active from Summer 2019)	70.00%	0.00%
2. Identify and demonstrate equipment makeup, golf club selection, and utilization. (Active from Summer 2019)	70.00%	0.00%
3. Identify and demonstrate basic ball flight laws and their effect on swing mechanics for miss-hits and shot shaping. (Active from Summer 2019)	70.00%	0.00%
PEF125E - Golf 5		
1. Identify and apply course management strategies for putting, chipping, pitching, drives, approach shots, and sand play. (Active from Fall 2015)	70.00%	0.00%
2. Assess personal swing mechanics using video analysis. (Active from Fall 2015)	70.00%	0.00%
PEF125F - Golf 6		
1. Demonstrate on-course golf etiquette and game play management. (Active from Summer 2019)	70.00%	100.00%
2. Identify and apply on-course individual and team golf type games. (Active from Summer 2019)	70.00%	100.00%
3. Identify individual characteristics of putting, chipping, pitching, driving, and approach shots. (Active from Summer 2019)	70.00%	100.00%
PEF126A - Pickleball 1		

CSLOs	Expected/Benchmark Performance	Actual Performance (Aggregate of All Terms)
1. Identify and apply the rules of pickleball. (Active from Summer 2018)	70.00%	95.24%
2. Demonstrate a beginning level forehand ground stroke. (Active from Summer 2018)	70.00%	95.24%
PEF126B - Pickleball 2		
1. Develop beginning level skills and techniques for grip, stance, foot work, and the backhand ground stroke. (Active from Summer 2018)	70.00%	100.00%
2. Develop beginning level ability to apply tactics. (Active from Summer 2018)	70.00%	100.00%
PEF126C - Pickleball 3		
1. Demonstrate beginning/intermediate tactics for court positioning. (Active from Summer 2018)	70.00%	100.00%
2. Demonstrate a beginning/intermediate level volley. (Active from Summer 2018)	70.00%	100.00%
PEF126D - Pickleball 4		
1. Demonstrate intermediate level straight across dink shots. (Active from Summer 2019)	70.00%	100.00%
2. Demonstrate intermediate level deep serve. (Active from Summer 2019)	70.00%	100.00%
PEF126E - Pickleball 5		
1. Demonstrate an intermediate/advanced diagonal dink. (Active from Summer 2019)	70.00%	100.00%
2. Demonstrate an intermediate/advanced level volley. (Active from Summer 2019)	70.00%	100.00%
PEF126F - Pickleball 6		
1. Demonstrate an advanced level short angle serve. (Active from Summer 2019)	70.00%	100.00%
2. Demonstrate the ability to impart topspin on the forehand ground stroke. (Active from Summer 2019)	70.00%	100.00%
PEF135A - Indoor Soccer		
1. Participate in indoor soccer competition demonstrating proper rules, terminology, and etiquette of the game. (Active from Summer 2019)	70.00%	100.00%
2. Participate in indoor soccer competition demonstrating individual skills of the game. (Active from Summer 2019)	70.00%	100.00%
3. Participate in indoor soccer competition demonstrating basic offensive and defensive concepts and strategies of the game. (Active from Summer 2019)	70.00%	100.00%
PEF135F - Soccer 1		
1. Participate in soccer competition demonstrating proper terminology, etiquette, sportsmanship, and field space of the game. (Active from Summer 2019)	70.00%	100.00%
2. Participate in soccer competition demonstrating fundamental skills and techniques for push pass, trapping dribbling, throw-ins, and tackling. (Active from Summer 2019)	70.00%	100.00%
PEF135G - Soccer 2		
1. Participate in soccer competition demonstrating the proper use of the rules of soccer. (Active from Summer 2019)	70.00%	100.00%
2. Participate in soccer competition demonstrating intermediate skills and techniques for chipping, crossing, shooting, and heading. (Active from Summer 2019)	70.00%	100.00%
PEF135H - Soccer 3		
1. Participate in soccer competition demonstrating team systems/styles of play. (Active from Summer 2019)	70.00%	100.00%



CSLOs	Expected/Benchmark Performance	Actual Performance (Aggregate of All Terms)
2. Participate in soccer competition demonstrating advanced skills in shooting, heading, goalkeeping, and set plays. (Active from Summer 2019)	70.00%	100.00%
PEF135J - Soccer 4		
1. Participate in soccer competition demonstrating different styles of attacking play. (Active from Summer 2019)	70.00%	100.00%
2. Participate in soccer competition demonstrating different styles of defensive play. (Active from Summer 2019)	70.00%	100.00%
PEF135K - Soccer 5		
1. Perform video analysis and assessment of the personal skills of shot making ability. (Active from Summer 2019)	70.00%	100.00%
2. Perform video analysis and assessment of team tactics and strategies. (Active from Summer 2019)	70.00%	100.00%
PEF135L - Soccer 6		
1. Participate in soccer competition demonstrating game strategies and tactics as they relate to tournament type setting. (Active from Summer 2019)	70.00%	100.00%
2. Develop an assessment and plan to improve 1) personal game playing skills and 2) individual responsibilities of team play. (Active from Summer 2019)	70.00%	100.00%
PEF135M - Futsal		
1. Participate in futsal competition demonstrating proper terminology, etiquette, and rules of the game. (Active from Summer 2019)	70.00%	100.00%
2. Participate in futsal competition demonstrating individual skills of the game. (Active from Summer 2019)	70.00%	100.00%
3. Participate in futsal competition demonstrating team offensive and defensive strategies to the game. (Active from Summer 2019)	70.00%	100.00%
PEF140A - Hatha Yoga: Beginning		
1. Demonstrate a minimally-guided beginning Hatha Yoga sequence of 8-12 poses (Active from Summer 2019)	70.00%	94.44%
2. Demonstrate appropriate proper breathing techniques. (Active from Summer 2019)	70.00%	88.89%
3. Demonstrate a beginning home yoga practice. (Active from Summer 2019)	70.00%	88.89%
4. Identify poses appropriately for individual needs based upon medical conditions. (Active from Summer 2019)	70.00%	88.89%
PEF140B - Hatha Yoga: Intermediate		
1. Demonstrate an intermediate Hatha Yoga sequence of 12-16 poses. (Active from Summer 2019)	70.00%	100.00%
2. Demonstrate appropriate proper breathing techniques. (Active from Summer 2019)	70.00%	100.00%
3. Demonstrate an appropriate intermediate home yoga practice. (Active from Summer 2019)	70.00%	100.00%
4. Evaluate the benefits of a consistent intermediate yoga practice through tracking home practice and improvements in physical, mental, and emotional well-being. (Active from Summer 2019)	70.00%	100.00%
PEF140C - Ashtanga Yoga: Beginning		
1. Demonstrate beginning Ashtanga poses and sequences. (Active from Summer 2019)	70.00%	100.00%
2. Demonstrate appropriate breathing and alignment techniques. (Active from Summer 2019)	70.00%	100.00%
3. Identify appropriate adaptations for movement based upon possible physical limitations. (Active from Summer 2019)	70.00%	100.00%
PEF140D - Ashtanga Yoga: Intermediate		
1. Demonstrate Ashtanga Primary Series poses and sequences. (Active from Summer 2019)	70.00%	100.00%

CSLOs	Expected/Benchmark Performance	Actual Performance (Aggregate of All Terms)
2. Demonstrate appropriate breathing techniques. (Active from Summer 2019)	70.00%	100.00%
3. Demonstrate a shortened home yoga program using Ashtanga Primary Series poses and sequences. (Active from Summer 2019)	70.00%	100.00%
4. Evaluate the physical, mental, and emotional well-being of a consistent intermediate home yoga exercise program. (Active from Summer 2019)	70.00%	100.00%
PEF140E - Vinyasa Yoga: Beginning		
1. Demonstrate beginning Vinyasa Yoga poses and sequences. (Active from Summer 2019)	70.00%	100.00%
2. Demonstrate appropriate breathing techniques. (Active from Summer 2019)	70.00%	100.00%
3. Demonstrate safe range of motion while moving through beginning yoga poses. (Active from Summer 2019)	70.00%	100.00%
4. Demonstrate a beginning Vinyasa Yoga sequence for home yoga practice. (Active from Summer 2019)	70.00%	100.00%
PEF140F - Vinyasa Yoga: Intermediate		
1. Demonstrate intermediate Vinyasa Yoga poses and sequences. (Active from Summer 2019)	70.00%	100.00%
2. Demonstrate appropriate breathing techniques. (Active from Summer 2019)	70.00%	100.00%
3. Demonstrate an intermediate Vinyasa Yoga sequence for home yoga practice. (Active from Summer 2019)	70.00%	100.00%
4. Evaluate the benefits of a consistent beginning Vinyasa Yoga practice through tracking home practice and improvements in physical, mental, and emotional well-being. (Active from Summer 2019)	70.00%	100.00%
PEF143B - Stretching and Relaxation Techniques		
1. Demonstrate improved flexibility. (Active from Summer 2019)	70.00%	0.00%
2. Demonstrate relaxation concepts and techniques. (Active from Summer 2019)	70.00%	0.00%
PEF144A - Functional Training 1		
1. Execute basic sport and/or activity specific exercises with correct technique. (Active from Fall 2019)	70.00%	100.00%
PEF144B - Functional Training 2		
1. Execute intermediate sport and/or activity specific exercises with correct technique. (Active from Fall 2019)	70.00%	100.00%
2. Develop an intermediate level functional fitness training program tailored to specific sport or activity. (Active from Fall 2019)	70.00%	100.00%
PEF144C - Functional Training 3		
1. Execute advanced sport and/or activity specific exercises with correct technique. (Active from Fall 2019)	70.00%	0.00%
2. Develop advanced level functional fitness training program tailored to specific sport or activity. (Active from Fall 2019)	70.00%	0.00%
PEF145A - Post-Physical Therapy Conditioning		
1. Demonstrate proper technique in exercises targeted to injury affected body area(s). (Active from Fall 2019)	70.00%	0.00%
2. Demonstrate improved strength in exercise(s) affected by injury. (Active from Fall 2019)	70.00%	0.00%
PEF145B - Post-Physical Therapy Conditioning 2		
1. Demonstrate proper technique in exercises targeted to injury affected body area(s). (Active from Fall 2019)	70.00%	0.00%
2. Demonstrate improved endurance in exercise(s) affected by injury. (Active from Fall 2019)	70.00%	0.00%
PET102A - Care and Prevention of Athletic Injuries		

CSLOs	Expected/Benchmark Performance	Actual Performance (Aggregate of All Terms)
1. Identify common injuries to the foot, ankle, knee, hip, back, arm, shoulder, and neck. (Active from Summer 2020)	70.00%	100.00%
2. Evaluate anatomical and physiological mechanisms for specific lower and upper body injuries. (Active from Summer 2020)	70.00%	100.00%
3. Demonstrate how to assess specific injuries using recognized procedures. (Active from Summer 2020)	70.00%	100.00%
5. Identify physical conditioning techniques and strategies for preventing athletic injuries. (Active from Summer 2020)	70.00%	100.00%
PET102A - Care and Prevention of Athletic Injuries		
4. Identify therapeutic modalities for treating acute and chronic sports injuries. (Active from Fall 2015)	70.00%	100.00%
PEF101CA - People on Weights: Intermediate		
1. Develop increased muscular strength and postural strength. (Active from Winter 2020)	70.00%	100.00%
2. Learn functional exercises that enhance everyday movements. (Active from Winter 2020)	70.00%	100.00%
3. Increase balance and proprioception through use of various resistance training systems. (Active from Winter 2020)	70.00%	100.00%
PEF101CB - People on Weights: Advanced		
1. Participate in an aggressive workout utilizing circuit, functional, and core/balance training principles. (Active from Summer 2019)	70.00%	50.00%
2. Demonstrate improvement in muscle strength and endurance, core, and balance. (Active from Summer 2019)	70.00%	50.00%
PEF101FA - Interval Training: Intermediate		
1. Analyze the most effective exercises and equipment for improving target muscle groups. (Active from Winter 2020)	70.00%	100.00%
2. Utilize safe and effective techniques while practicing heavy weights and quick transitions between intervals. (Active from Winter 2020)	70.00%	100.00%
PEF101FB - Interval Training: Advanced		
1. Apply advanced interval training principles that will enhance athleticism and sport specific performance. Higher intensity levels and weights will be utilized. (Active from Summer 2019)	70.00%	100.00%
2. Creation of a personalized training program for muscle strength and endurance. (Active from Summer 2019)	70.00%	100.00%

## APR Questions Tableau : Version by Spina, Michael on 02/29/2024 21:24

Using the Data Provided (<https://10az.online.tableau.com/#!/site/ltcc/views/ProgramReview/LTCCProgramReviewSummary?iid=1>) please provide the number of students (headcount) that are served by the discipline.

PEA - 50  
 PEF - 401 (+944 NC) = 1214  
 PEH - 184  
 PET - 20  
 Total - 655 (+944 NC) = 1599

Using the Data Provided (<https://10az.online.tableau.com/#!/site/ltcc/views/ProgramReview/Demographics?iid=1>), identify the populations served by the discipline. Are there any inconsistencies? Does the Population served reflect the population of the college? If not, why, and how can the discipline serve a population more reflective of our community?

College overall

### Gender

58% men / 40% women

### Race/ethnicity

49% White  
 28% Latino/a  
 7% Asian  
 4% Black  
 1% Native American

## PE Department

### Gender

PEF: 57% men / 42% women  
PEH: 57% men / 42% women  
PET: 50% men / 50% women  
PEA: 57% men / 43% women

### Race/ethnicity

PEF: 49% White / 28% Latino/a / 3% Asian / 1% Black  
PEH: 43% White / 34% Latino/a / 9% Asian / 2% Black  
PET: 30% White / 55% Latino/a / 0% Asian / 5% Black  
PEA: 48% White / 43% Latino/a / 0% Asian / 2% Black

The population served by the Physical Education disciplines reflect the population of the college, both from a gender and race/ethnicity perspective.. The differences in percentages are not significant with the relatively small data set. The largest (number of students) subdiscipline is PEF, which almost perfectly mirrors the colleges percentages.

**Using student success data (<https://10az.online.tableau.com/#/site/lccc/views/ProgramReview/SuccessRatesOverall?iid=1>), identify any trends in successful completion of courses.**

**Are there particular courses (<https://10az.online.tableau.com/#/site/lccc/views/ProgramReview/SuccessRatesbyCourse?iid=1>) students are struggling in?**

**Are there any demographics that are less likely to complete certain courses in the discipline?**

**What steps need to be taken to support students and the department in meeting its equity obligations?**

The overall success rate at LTCC is 71%

### Success rates by PE subdiscipline

79% PEF (not including NC)  
81% PEH  
100% PET  
98% PEA

Note: Data is not provided for all PE subdisciplines combined.

### Gender notes

There are no concerning trends regarding gender success rates for all PE subdisciplines.

### Race/ethnicity notes

PEF: Multi-race (#=34) 47% success rate  
PEF: Native American (#=2) 0% success rate

In PEF (not including NC), success rates for Multi-race and Native American are very low. The number of students identified is relatively low. Regardless, steps need to be taken to understand why the success rates are so low for those two populations. Can we contact those students to get some feedback?

### **Are there any courses lacking Title V Updates?**

**If so, how many and why?**

**(Please check your courses in eLumen for the most recent list of courses that require updates.)**

In the Physical Education Department, there are several subdisciplines (PEA, PEF, PEH, & PET). Each subdiscipline has many courses. Keeping up with curriculum updates for all of the classes is a challenge. Currently, there are 30 courses that are overdue for Title V updates. Ten of those classes will be deactivated. Twenty are active classes that need to be updated. There is no reasonable excuse for why these courses have not yet been updated.

**Describe the approach to scheduling in terms of offering a balance of Face to Face (F2F) and Online opportunities for students.**

In the Physical Education disciplines, most (almost all) classes are scheduled F2F. The exception is PEH101 is offered every quarter DE (and F2F) and PEH100 is offered once a year as DE.

All PEF credit classes are F2F. There are 2 NC PEF classes that are EVE.

For PEH, there are 3 sections/year offered F2F and 4 sections offered DE.

For PET, there are 2 sections/year offered F2F and none offered DE.

All PEA classes are offered F2F.

**Are there any insights specific to this discipline regarding scheduling modality in terms of success rates, student retention, or course cancellations?**

Since almost all of the courses in the Physical Education subdisciplines are offered F2F, there is no good comparison between success rates and student retention related to scheduling modality.

As far as cancellations, the DE versions of PEH101 (Nutrition) fill every time it is offered. The F2F version sometimes (~1 per year) doesn't have enough to go.

**Are the full-time faculty teaching the courses with the most face to face students? Why/why not?**

Since the Physical Education classes are mostly F2F, both fulltime and part-time faculty teach the F2F classes. Until this academic year, a fulltime instruction has been teaching the online offerings in PEH. A part-time instructor has taken over the DE version of the PEH classes.

**Are staffing levels adequate to fulfill the purpose of the program?**

Staffing levels are not adequate. The Physical Education Department, The Fitness Education Center, and Athletics have asked for several years for a fulltime administrative assistant serve all 3 programs.

Also, we believe that M&O needs more staffing to adequately clean and maintain the physical education building (including the gym floor).

**What professional development opportunities have faculty in this discipline taken advantage of? Are there any unmet professional development needs?**

There have been a couple part time instructors that have completed the Excellence in Teaching Workshop (ETW) in the last year.

There was 1 part time instructor that was trained and received certification to teach CPR/First aid (PET106).

Both fulltime faculty members will be taking a professional development leave next academic year.

Currently, there are no unmet professional development needs.

**Where applicable, outline and explain any budget shortfalls for this discipline.**

Currently, the budget for Physical Education is adequate.

Again, we believe that M&O needs more resources/staffing to adequately clean and maintain the physical education building (including the gym floor).

**If additional financial resources are needed, please describe how they will increase student success, retention, or completion.**

There are no additional financial resources needed.

**Using the SLO Data above, are there any SLOs for any particular courses that students are not successfully understanding? How do you plan to address this?**

There are no courses in Physical Education in which students are not successfully understanding the SLOs.

**What are the major strengths of your department?**

The culture/environment of the classes is inviting, inclusive, and enjoyable.

The part time faculty are experienced, knowledgeable, compassionate, and helpful. They care about our students.

The facilities have been a strength of department until the past couple years. Maintenance of the building (including gymnasium floor) has deteriorated significantly recently.

**In what ways could your department improve to better meet the needs of the College and support student success?**

Provide consistency and continuity of a full time administrative assistant that can manage Physical Education Building on a daily basis.

**What are the biggest challenges your department may face in making these improvements?**

Convincing the administration of the value of returning that position back to a fulltime status.

**Identify any other questions, comments, suggestions, or concerns you may have.**

Hazardous Conditions in the Lake Tahoe Community College Gymnasium

Overview:

1. Our gym was funded, designed and built as a classroom- not a facility to host intercollegiate sports or an assembly room. The funding and fundamental design pre-dated the hiring of Walter Morris and Mike Spina. That is why we do not have athletic locker rooms, team rooms, a film/meeting room or a planned athletic training space. While the main gym footprint is college basketball dimensions, the side courts (necessary for full-court side court classroom instruction) are not sufficient to accommodate bleachers, while maintaining an adequate safety buffer.
2. The PE department was not consulted prior to the purchase and installation of the current bleachers.
3. The overwhelming predominance of gym usage is comprised of instructional classes.
4. A miniscule proportion of facility usage is allocated for non-instructional assembly.
5. The bleachers encroach onto the classroom safety buffer space and pose a hazard to students participating in a variety of classes.
6. Multiple students over the years have been injured by this hazard.
7. It is not industry standard to have glare in an indoor gymnasium. This poses a hazard to students and athletes, including the risk of injury to an eye by a propelled object, or distraction/vision impairment, leading to collisions and/or injury.

Recommendations:

1. Pad over the windows and metal along the baseline walls in the gym.
2. Provide blinds to eliminate glare from the upper gymnasium windows.
3. Remove the bleachers. If we add intercollegiate volleyball in the future, install bleachers at that time that do not encroach into instructional space, thereby making it unsafe for students and athletes.

Final Comments:

1. Considering the many injuries that have occurred in this gym due to the hazardous, non-standard conditions, it is surprising that the college has, to our knowledge, not yet been sued. If we allow these hazardous conditions to persist, it is only a matter of time before there is a severe and/or catastrophic injury due to the hazards in the gym. If we do not remediate the hazards by removing the bleachers, padding the glass and metal framing, and eliminating glare in our gym, the college is exposed to risk of litigation.

**Dean Review** : Version by **Williams, Sarah** on **03/11/2024 19:17**

Sarah Williams