

SLOs for PE/Athletics Division- Active Only

Course/Service Owning Unit	Student Learning Outcome (SLO) Name	Student Learning Outcome (SLO)
Dept - (PE) Athletics (Hybrid)	Athletics_SSLO_1	All student-athletes will develop and file an educational plan relevant to their academic and athletic goals by the end of their first year of being involved in athletics.
	Athletics_SSLO_2	Student athletes will indicate that they received quick and adequate treatment for their injury
	Athletics_SSLO_3	Student athletes will indicate that the treatment from the athletic trainers speeded their recovery.
	Athletics_SSLO_4	Student athletes will recognize that they are receiving the appropriate equipment for their sport.
	PE38WX_SLO_1	Perform the techniques, strategies, mental and physical skills of Badminton with an increasing degree of proficiency.
	PE38WX_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE39MX_SLO_1	Perform the techniques, strategies, mental and physical skills of Men's Soccer with an increasing degree of proficiency.
	PE39MX_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE39WX_SLO_1	Perform the techniques, strategies, mental and physical skills of women's soccer with an increasing degree of proficiency.
	PE39WX_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE40X_SLO_1	Perform the techniques, strategies, mental and physical skills of men's football with an increasing degree of proficiency.
	PE40X_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE41X_SLO_1	Perform the techniques, strategies, mental and physical skills of water polo with an increasing degree of proficiency while adhering to the De Anza College athletics code of ethics.
	PE41X_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE42WX_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE42WX_SLO_2	Perform the techniques, strategies, mental and physical skills of women's volleyball with an increasing degree of proficiency.
	PE43X_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE43X_SLO_3	Perform the strategies and physical skills of cross country racing with an increasing degree of proficiency based on cross country racing results.
	PE44MX_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE44MX_SLO_2	Perform the techniques, strategies, mental and physical skills of men's basketball with an increasing degree of proficiency.
	PE44WX_SLO_1	Perform the techniques, strategies, mental and physical skills of women's basketball with an increasing degree of proficiency.
	PE44WX_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE45X_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE45X_SLO_2	Perform the techniques, strategies, mental and physical skills of swimming and diving with an increasing degree of proficiency while adhering to the De Anza College athletics code of ethics.
	PE46X_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.

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	PE46X_SLO_3	Perform the strategies and physical skills with an increasing degree of proficiency based on track and field competition results.
	PE47MX_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE47MX_SLO_2	Perform the techniques, strategies, mental and physical skills of baseball with an increasing degree of proficiency.
	PE47WX_SLO_1	Perform the techniques, strategies, mental and physical skills of women's softball with an increasing degree of proficiency.
	PE47WX_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE48MX_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE48MX_SLO_2	Perform the techniques, strategies, mental and physical skills of competitive tennis with an increasing degree of proficiency.
	PE48WX_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE48WX_SLO_2	Perform the techniques, strategies, mental and physical skills of women's tennis with an increasing degree of proficiency.
Dept - (PE) Kinesiology	KNES11A_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and fitness.
	KNES11A_SLO_3	Demonstrate proper technique when performing a jab, a cross, upper cut, hook, front kick and roundhouse kicks.
	KNES12D_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and fitness.
	KNES12E_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and fitness.
	KNES12G_SLO_1	Demonstrate front and rear releases for a variety of grasps and holds.
	KNES12G_SLO_2	Demonstrate knowledge of gender differences and fitness concepts when applying self defense techniques and preventive measures for various situations.
	KNES12H_SLO_1	Assimilate proper breathing techniques to induce physical relaxation.
	KNES15A_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES15C_SLO_1	Demonstrate improvement of cardiovascular, strength and flexibility through total fitness.
	KNES15E_SLO_1	Apply both aerobic and anaerobic training techniques.
	KNES15E_SLO_2	Perform physical training and demonstrate multi-phasic planning.
	KNES16A_SLO_1	Demonstrates an an incresing control of skills pertaining to: cardiovascular, strength, flexibility, agility and balance.
	KNES16B_SLO_1	Apply indoor cycling and swimming as a fitness training program.
	KNES16BX_SLO_1	Apply indoor cycling and swimming as a fitness training program.
	KNES19A_SLO_2_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES19A_SLO_3	Perform strength development exercises, using safe lifting techniques, while demonstrating appropriate use of resistance training machines and free weights.
	KNES19A_SLO_4	Demonstrate the knowledge and performance of a well rounded program for muscular strength.
	KNES19AX_SLO_1	Perform safe and appropriate use of resistance. Training machines and free weights.
	KNES19D_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES19E_SLO_1	Design and implement strength training program applying resistance principles to produce desired training effects.
	KNES19G_SLO_1	Perform with an increasing degree of proficiency balance, trunk strength, and stability as it pertains to core training.

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	KNES1A_SLO_1	Perform with increasing proficiency forward propulsive movements in prone and supine positions.
	KNES1A_SLO_2	Apply knowledge of basic fitness concepts to health and fitness.
	KNES1B_SLO_1	Perform with increasing proficiency forward propulsive movements in prone, side and supine positions.
	KNES1B_SLO_2	Apply knowledge of basic fitness concepts to health and fitness
	KNES1C_SLO_1	Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.
	KNES1C_SLO_2	Apply knowledge of basic fitness concepts to health and fitness.
	KNES1D_SLO_1	Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.
	KNES1D_SLO_2	Apply knowledge of basic fitness concepts to health and fitness.
	KNES22A_SLO_1	Assimilate proper breathing techniques to induce relaxation in life.
	KNES22B_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES22C_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES22D_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES22E_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES25A_SLO_1	Apply and demonstrate flexibility concepts and use of proper technique for each joint of the body.
	KNES25AX_SLO_1	Apply and demonstrate flexibility concepts and use of proper technique for each joint of the body.
	KNES26A_SLO_1	Assimilate proper breathing techniques to induce relaxation in life.
	KNES26B_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES29A_SLO_1	Demonstrate with increasing proficiency fundamental offensive and defensive skills utilized in bouting with the French foil.
	KNES29A_SLO_2	Apply knowledge of basic fitness concepts to health and fitness.
	KNES29B_SLO_1	Demonstrate with increasing proficiency the implementation of fundamental offensive and defensive skills related to bouting with the French foil.
	KNES29B_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES2A_SLO_1	Apply knowledge of basic fitness concepts to health and fitness.
	KNES2A_SLO_2	Demonstrate improvement in cardiorespiratory endurance through swimming.
	KNES2B_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and fitness.
	KNES31A_SLO_1	Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.
	KNES31A_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES31B_SLO_1	Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.
	KNES31B_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES31C_SLO_1	Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.
	KNES31C_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES32A_SLO_1	Perform with increasing proficiency the skills and footwork of the game of tennis.
	KNES32B_SLO_1	Perform with increasing proficiency the skills and footwork of the game of tennis.

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	KNES32C_SLO_1	Implement with increasing proficiency the skills and footwork of the game of tennis.
	KNES32D_SLO_1	Implement with increasing proficiency the skills and footwork of the game of tennis.
	KNES33A_SLO_1	Perform with increasing proficiency in water & land physical activities.
	KNES36A_SLO_1	Perform, thru play/activity, the basic skills associated with team offensive and defensive concepts of basketball.
	KNES36A_SLO_2	Apply and demonstrate fundamental understanding of street and formal rules of basketball.
	KNES36A_SLO_3	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES37A_SLO_1	Perform with increased proficiency the skills, footwork, and strategies of the sport of soccer.
	KNES37AX_SLO_1	Perform with increased proficiency the skills, footwork, and strategies of the sport of soccer.
	KNES37B_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness
	KNES37C_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness
	KNES37D_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness
	KNES37E_SLO_1	Perform with increased proficiency the skills, footwork, and strategies of the sport of indoor soccer.
	KNES38A_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness
	KNES38B_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness
	KNES38C_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness
	KNES38D_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness
	KNES39A_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES39A_SLO_2	Perform with an increasing degree of proficiency basic skills of volleyball.
	KNES39B_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES39B_SLO_3	Perform the techniques, strategies and physical skills of volleyball with an increasing degree of proficiency.
	KNES39C_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES39C_SLO_2	Perform the techniques, strategies and physical skills of volleyball with an increasing degree of proficiency.
	KNES42A_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES42B_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES42C_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES42D_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES45_SLO_1	Analyze and compare the basic concepts of Kinesiology and how they relate to motor-learning control, motor development, biomechanics, exercise physiology, social psychological foundations, and nutrition.
	KNES46_SLO_1	Develop an understanding of the mechanical forces generated with athletic injuries.
	KNES50A_SLO_1	Demonstrate improvement of cardiovascular strength and flexibility through total fitness.
	KNES50AL_SLO_1	Demonstrate improvement of cardiovascular strength and flexibility through total fitness.
	KNES50AL_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES511A_SLO_2	Demonstrate improvement in cardiorespiratory, strength and flexibility.
	KNES51A_SLO_1	Apply knowledge of basic fitness concepts to health and fitness.
	KNES51AL_SLO_1	Demonstrate improvements in cardiovascular and muscular fitness through exercise.

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	KNES52_SLO_1	Evaluate what is causing personal stress and then design and implement a stress reduction program.
	KNES53_SLO_1	Demonstrate knowledge of basic fitness concepts as it applies to health.
	KNES53_SLO_2	Demonstrate knowledge of basic health concepts as they relate to lifestyle choices.
	KNES54_SLO_1	Students will be able to describe how religious, gender, ethnic, racial, class, sexual orientation, disability, and/or age identity are shaped by cultural and societal influences in contexts of equality and inequality.
	KNES54_SLO_2	Students will be able to describe historical, social, political, and economic processes producing diversity, equality, and structured inequalities within sport in societies.
	KNES55_SLO_1	Compare and contrast the different energy systems of the body and the effect of diet and exercise on their capacity to provide energy.
	KNES56_SLO_1	Assess fitness of clients using tests and guidelines developed by the American College of Sports Medicine.
	KNES57A_SLO_1	Evaluate career options in specific levels of amateur and professional sports and athletic coaching.
	KNES57B_SLO_1	Analyze and critique the need for fundraising in education for sports and athletics programs.
	KNES5A_SLO_3	Develop an understanding of improving cardiorespiratory strength and endurance through cycling.
	KNES5B_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	KNES5C_SLO_1	Apply outdoor cycling to fitness, safety, efficiency and transportation.
	KNES5CX_SLO_1	Apply outdoor cycling to fitness, safety, efficiency and transportation.
	KNES6A_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and fitness.
	KNES7A_SLO_1	Implement proper techniques and choreography related to step aerobics.
	KNES7D,6ZX_SLO_1	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE11_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE11C,11CX_SLO_1	Ability to understand the concept of active isolated stretching and be able to apply it.
	PE11C,11CX_SLO_2	Ability to develop an individual program that uses the Active Isolated Stretching (AIS) method to provide effective dynamic facilitated stretches of major muscle groups.
	PE11C,11CX_SLO_3	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE11X_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE21A_SLO_2	Apply knowledge of basic fitness concepts to health and fitness.
	PE21B_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE21C_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE21D_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE2P_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE4X_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
Dept - (PE) Massage Therapy	MASG50A_SLO_1	Apply knowledge of the different bodily systems and a variety of massage strokes to design and perform a one-hour relaxation massage using proper techniques.
	MASG50A_SLO_2	Performing a safe one-hour massage with proper draping and communication.
	MASG50C_SLO_3	Appraise common athletic injuries and the factors that contribute to them.
	MASG52_SLO_3	Utilize oriental medicine protocols to design and demonstrate with proper form a one-hour table shiatsu massage

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	MASG52_SLO_3	treatment session.
	MASG53_SLO_4	Design and demonstrate with proper form twenty minute chair massage sessions utilizing appropriate techniques.
	MASG54ABC_SLO_1	The student will develop/feel confident in performing a therapeutic massage on a student with a physician's verified physical limitation.
	MASG56ABC_SLO_1	Conduct an effective sports massage based upon the results of physical assessment and competition status.
	PE54A_SLO_1	Utilize assessment and palpation skills to analyze myofascial restrictions and then use the data to formulate a treatment program to reduce pain and dysfunction.
	PE54B_SLO_2	Formulate and demonstrate 10-minute pre-event and post-event sequences and 20-minute maintenance sequence, all with proper techniques according to the needs of the athlete. Demonstrate safe and effective stretching techniques.
	PE54C_SLO_1	Differentiate between tender points and trigger points and then demonstrate with proper form appropriate techniques to treat them.
	PE54D_SLO_1	Demonstrate the ability to run all aspects of a massage business while maintaining ethical relationships with the clientele.
	PE54D_SLO_2	Analyze a client's medical intake form and then design and perform an effective treatment, which is then documented using proper soap note charting procedures.
	PE54HJK_SLO_2	Demonstrate an ability to record massage therapy treatments using a SOAP note format.
	SLO 3	Ability to demonstrate skills taught in the class.
	SLO 4	Apply the theoretical concepts that are being instructed and assist students in learning the concepts.
Dept - (PE) Physical Education	PE32B_SLO_1	Perform defensive techniques, strategies, mental and physical skills of badminton with an increasing degree of proficiency.
	PE32B_SLO_2	Apply knowledge of basic fitness concepts as they apply to health an wellness.
	PE32F_SLO_1	Perform defensive Techniques, strategies, mental and physical skills of baseball with an increasing degree of proficiency.
	PE32F_SLO_2	Apply knowledge of basic fitness concepts as they apply to health an wellness.
	PE32G_SLO_1	Perform defensive techniques, strategies, mental and physical skills of baseball with an increasing degree of proficiency.
	PE32G_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE32H_SLO_1	Perform the offensive strategies technical and mental physical skills of football with an increasing degree of proficiency.
	PE32H_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE32I_SLO_1	Perform the defensive strategies, techniques and mental physical skills of football with an increasing degree of proficiency.
	PE32I_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE32J_SLO_1	Perform defensive techniques, strategies, mental and physical skills of water polo with an increasing degree of proficiency.
	PE32J_SLO_2	Apply knowledge of basic fitness concepts as they apply to health an wellness.
	PE32J_SLO_3	Perform offensive techniques, strategies, mental and physical skills of water polo with an increased degree of

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	PE32J_SLO_3	proficiency.
	PE32K_SLO_1	Perform the techniques and strategies, mental and physical skills of women's and men's basketball with an increasing degree of proficiency.
	PE32K_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE32L_SLO_1	Perform the techniques, strategies, mental and physical skills of volleyball with an increasing degree of proficiency.
	PE32L_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE32M_SLO_1	Perform defensive techniques, strategies, mental and physical skills of soccer with an increasing degree of proficiency.
	PE32M_SLO_2	Apply knowledge of basic fitness concepts as they apply to health an wellness.
	PE32N_SLO_1	Perform defensive techniques, strategies, mental and physical skills of track and field with an increasing degree of proficiency.
	PE32N_SLO_2	Apply knowledge of basic fitness concepts as they apply to health an wellness.
	PE32P_SLO_1	Perform defensive techniques, strategies, mental and physical skills of swimming and diving with an increasing degree of proficiency.
	PE32P_SLO_2	Apply knowledge of basic fitness concepts as they apply to health an wellness.
	PE32S_SLO_1	Perform defensive techniques, strategies, mental and physical skills of soccer with an increasing degree of proficiency.
	PE32S_SLO_2	Apply knowledge of basic fitness concepts as they apply to health an wellness.
	PE32T_SLO_1	Perform defensive techniques, strategies, mental and physical skills of tennis with an increasing degree of proficiency.
	PE32T_SLO_2	Apply knowledge of basic fitness concepts as they apply to health an wellness.
	PE32W_SLO_1	Perform the techniques, strategies, mental and physical skills of softball with an increasing degree of proficiency.
	PE32W_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE4XX_SLO_1	Perform safe and appropriate use of resistance training machines and free weights.
	PE4XX_SLO_2	Apply knowledge of basic fitness concepts as they apply to health and wellness.
	PE99_SLO_1	The students will demonstrate knowledge of the CCCAA eligibility rules pertaining to full-time academic student status while competing during the Intercollegiate season.