

## Physical Education/Athletics

<b>Course Number</b>	<b>Course Title</b>	<b>Order Number</b>	<b>Student Learning Outcome</b>
MASG 50A	Introduction to Massage		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.
MASG 50A	Introduction to Massage		2 Performing a safe one-hour massage with proper draping and communication.
MASG 50B	Intermediate Massage		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.
MASG 50C	Sports Massage		1 Appraise common athletic injuries and the factors that contribute to them.
MASG 50C	Sports Massage		2 Formulate and demonstrate with proper techniques 15 minute pre-event, post-event and maintenance massage sequences, according to the needs of the athlete.
MASG 50D	Advanced Massage Skills		1 Differentiate between tender points and trigger points and then demonstrate with proper form appropriate techniques to treat them.
MASG 51	Clinical Practicum in Massage Therapy		1 Demonstrate the ability to run all aspects of a massage business while maintaining ethical relationships with the clientele.
MASG 51	Clinical Practicum in Massage Therapy		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.

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MASG 52	Table Shiatsu	1 Utilize oriental medicine protocols to design and demonstrate with proper form a one-hour table shiatsu massage treatment session.
MASG 53	Introduction to Chair Massage	1 Design and demonstrate with proper form twenty minute chair massage sessions utilizing appropriate techniques.
MASG 54A	Massage Therapy Internship in Adapted Physical Education	1 Be able to perform a therapeutic massage on a student with a physician's verified physical limitation.
MASG 54A	Massage Therapy Internship in Adapted Physical Education	2 Be able to document treatments in SOAP note format.
MASG 55A	Massage Therapy Teacher's Assistant Internship	1 Ability to successfully perform the massage skills being instructed in the class.
MASG 55A	Massage Therapy Teacher's Assistant Internship	2 Understand and apply the theoretical concepts that are being instructed in the class.
MASG 56A	Sports Massage Internship	1 Conduct an effective sports massage based upon the results of physical assessment and competition status.
MASG 56A	Sports Massage Internship	2 Document all treatments using proper soap note format.
PE 4XX	High Intensity Strength Development for Athletes	1 Perform safe and appropriate use of resistance training machines and free weights.
PE 4XX	High Intensity Strength Development for Athletes	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 32B	Women's Badminton Techniques	1 Perform defensive and offensive techniques, strategies, mental and physical skills of badminton with an increasing degree of proficiency.
PE 32B	Women's Badminton Techniques	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.

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PE 32F	Defensive Baseball Techniques	1 Perform defensive Techniques, strategies, mental and physical skills of baseball with an increasing degree of proficiency.
PE 32F	Defensive Baseball Techniques	2 Apply knowledge of basic fitness concepts as they apply to health an wellness.
PE 32G	Offensive Baseball Techniques	1 Perform defensive techniques, strategies, mental and physical skills of baseball with an increasing degree of proficiency.
PE 32G	Offensive Baseball Techniques	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 32HX	Offensive Football Techniques	1 Perform the offensive strategies technical and mental physical skills of football with an increasing degree of proficiency.
PE 32HX	Offensive Football Techniques	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 32IX	Defensive Football Techniques	1 Perform the defensive strategies, techniques and mental physical skills of football with an increasing degree of proficiency.
PE 32IX	Defensive Football Techniques	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 32JX	Water Polo Techniques	1 Perform defensive techniques, strategies, mental and physical skills of water polo with an increasing degree of proficiency.
PE 32JX	Water Polo Techniques	2 Apply knowledge of basic fitness concepts as they apply to health an wellness.
PE 32JX	Water Polo Techniques	3 Perform offensive techniques, strategies, mental and physical skills of water polo with an increased degree of proficiency.
PE 32K	Basketball Techniques	1 Perform the techniques and strategies, mental and physical skills of women's and men's basketball with an increasing degree of proficiency.

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PE 32K	Basketball Techniques	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 32LX	Volleyball Techniques	1 Perform the techniques, strategies, mental and physical skills of volleyball with an increasing degree of proficiency.
PE 32LX	Volleyball Techniques	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 32MX	Soccer Techniques	1 Perform defensive techniques, strategies, mental and physical skills of soccer with an increasing degree of proficiency.
PE 32MX	Soccer Techniques	2 Apply knowledge of basic fitness concepts as they apply to health an wellness.
PE 32N	Track and Field Techniques	1 Perform various techniques, strategies, mental and physical skills of track and field with an increasing degree of proficiency.
PE 32N	Track and Field Techniques	2 Apply knowledge of basic fitness concepts as they apply to health an wellness.
PE 32P	Techniques of Swimming	1 Perform the techniques, strategies, mental and physical skills of swimming and diving with an increasing degree of proficiency
PE 32P	Techniques of Swimming	2 Apply knowledge of basic fitness concepts as they apply to health an wellness.
PE 32SX	Women's Soccer Techniques	1 Perform defensive techniques, strategies, mental and physical skills of soccer with an increasing degree of proficiency.
PE 32SX	Women's Soccer Techniques	2 Apply knowledge of basic fitness concepts as they apply to health an wellness.
PE 32T	Tennis Techniques	1 Perform defensive techniques, strategies, mental and physical skills of tennis with an increasing degree of proficiency.
PE 32T	Tennis Techniques	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.

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PE 32W	Softball Techniques	1 Perform the techniques, strategies, mental and physical skills of softball with an increasing degree of proficiency.
PE 32W	Softball Techniques	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 38WX	Intercollegiate Women's Badminton	1 Perform the techniques, strategies, mental and physical skills of Badminton with an increasing degree of proficiency.
PE 38WX	Intercollegiate Women's Badminton	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 39MX	Intercollegiate Men's Soccer	1 Perform the techniques, strategies, mental and physical skills of Men's Soccer with an increasing degree of proficiency.
PE 39MX	Intercollegiate Men's Soccer	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 39WX	Intercollegiate Women's Soccer	1 Perform the techniques, strategies, mental and physical skills of women's soccer with an increasing degree of proficiency.
PE 39WX	Intercollegiate Women's Soccer	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 40X	Intercollegiate Football	1 Perform the techniques, strategies, mental and physical skills of men's football with an increasing degree of proficiency.
PE 40X	Intercollegiate Football	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 41X	Intercollegiate Water Polo	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.
PE 41X	Intercollegiate Water Polo	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.

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PE 42WX	Intercollegiate Women's Volleyball	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 42WX	Intercollegiate Women's Volleyball	2 Perform the techniques, strategies, mental and physical skills of women's volleyball with an increasing degree of proficiency.
PE 43X	Intercollegiate Cross Country (Men and Women)	1 Perform the techniques, strategies, mental and physical skills of cross country racing with an increasing degree of proficiency.
PE 43X	Intercollegiate Cross Country (Men and Women)	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 44MX	Intercollegiate Men's Basketball	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 44MX	Intercollegiate Men's Basketball	2 Perform the techniques, strategies, mental and physical skills of men's basketball with an increasing degree of proficiency.
PE 44WX	Intercollegiate Women's Basketball	1 Perform the techniques, strategies, mental and physical skills of women's basketball with an increasing degree of proficiency.
PE 44WX	Intercollegiate Women's Basketball	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 45X	Intercollegiate Swimming and Diving (Men and Women)	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 45X	Intercollegiate Swimming and Diving (Men and Women)	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.
PE 46X	Intercollegiate Track and Field (Men and Women)	1 Perform the techniques, strategies, mental and physical skills of track and field with an increasing degree of proficiency.

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PE 46X	Intercollegiate Track and Field (Men and Women)	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 47MX	Intercollegiate Baseball	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 47MX	Intercollegiate Baseball	2 Perform the techniques, strategies, mental and physical skills of baseball with an increasing degree of proficiency.
PE 47WX	Intercollegiate Softball	1 Perform the techniques, strategies, mental and physical skills of women's softball with an increasing degree of proficiency.
PE 47WX	Intercollegiate Softball	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 48MX	Intercollegiate Men's Tennis	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 48MX	Intercollegiate Men's Tennis	2 Perform the techniques, strategies, mental and physical skills of competitive tennis with an increasing degree of proficiency.
PE 48MX	Intercollegiate Men's Tennis	3 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 48WX	Intercollegiate Women's Tennis	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
PE 48WX	Intercollegiate Women's Tennis	2 Perform the techniques, strategies, mental and physical skills of women's tennis with an increasing degree of proficiency.
PE 99	Orientation to Athletics	1 The students will demonstrate knowledge of the CCCAA eligibility rules pertaining to full-time academic student status while competing during the Intercollegiate season.

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PE 99	Orientation to Athletics	2 The students will demonstrate knowledge of the CCCAA eligibility rules pertaining to the second season of competition in Intercollegiate athletics.
KNES 1A	Novice Swimming	1 Perform with increasing proficiency forward propulsive movements in prone and supine positions.
KNES 1A	Novice Swimming	2 Apply knowledge of basic fitness concepts to health and fitness.
KNES 1B	Beginning Swimming	1 Perform with increasing proficiency forward propulsive movements in prone, side and supine positions.
KNES 1B	Beginning Swimming	2 Apply knowledge of basic fitness concepts to health and fitness.
KNES 1C	Intermediate Swimming	1 Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.
KNES 1C	Intermediate Swimming	2 Apply knowledge of basic fitness concepts to health and fitness.
KNES 1D	Advanced Swimming	1 Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.
KNES 1D	Advanced Swimming	2 Apply knowledge of basic fitness concepts to health and fitness.
KNES 2A	Aerobic Swimming	1 Apply knowledge of basic fitness concepts to health and fitness.
KNES 2A	Aerobic Swimming	2 Demonstrate improvement in cardiorespiratory endurance through swimming.
KNES 2B	Deep Water Running	1 Apply knowledge of basic fitness concepts as they apply to health and fitness.



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KNES 2B	Deep Water Running	2 Demonstrate improvement in cardiorespiratory endurance and strength.
KNES 2B	Deep Water Running	3 Demonstrate proper deep water running techniques.
KNES 5A	Indoor Cycling	1 Develop an understanding of improving cardiorespiratory strength and endurance through cycling.
KNES 5A	Indoor Cycling	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 5B	High Intensity Indoor Cycling	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 5B	High Intensity Indoor Cycling	2 Ability to formulate and design a program for core strength and stabilization exercises.
KNES 5B	High Intensity Indoor Cycling	3 Ability to create an interval cycling program based upon individual indoor cycling goals.
KNES 5C	Outdoor Cycling	1 Apply outdoor cycling to fitness, safety, efficiency and transportation.
KNES 5C	Outdoor Cycling	2 Analyze and apply all bicycle theory from gearing to fitment.
KNES 5C	Outdoor Cycling	3 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 6A	Aerobic Power Walking	1 Apply knowledge of basic fitness concepts as they apply to health and fitness.
KNES 6A	Aerobic Power Walking	2 Demonstrate improvement in cardiorespiratory endurance.
KNES 7A	Step Aerobics	1 Implement proper techniques and choreography related to step aerobics.
KNES 7A	Step Aerobics	2 Apply knowledge of basic fitness concepts to health and fitness.
KNES 7D	Latin Infused Aerobics	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.

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KNES 7D	Latin Infused Aerobics	2 Develop cardiovascular fitness through aerobic exercise.
KNES 7D	Latin Infused Aerobics	3 Learn a variety of basic movements inspired from Merengue, Cumbia, Salsa, and Reggaeton steps.
KNES 7G	Aerobic Exercise Hi-Low Impact	1 Apply knowledge of basic fitness concepts to health and fitness.
KNES 7G	Aerobic Exercise Hi-Low Impact	2 Demonstrate improvement in cardiorespiratory, strength and flexibility.
KNES 7H	Aerobic Exercise Low Impact	1 Apply knowledge of basic fitness concepts to health and fitness.
KNES 7H	Aerobic Exercise Low Impact	2 Demonstrate improvement in cardiorespiratory, strength and flexibility.
KNES 11A	Cardio Kick	1 Apply knowledge of basic fitness concepts as they apply to health and fitness.
KNES 11A	Cardio Kick	2 Demonstrate improvement in cardiorespiratory, strength and flexibility.
KNES 11A	Cardio Kick	3 Demonstrate proper technique when performing a jab, a cross, upper cut, hook, front and roundhouse kicks.
KNES 12A	Aikido	1 Apply knowledge of basic fitness concepts as they apply to health and fitness.
KNES 12A	Aikido	2 Demonstrate the ability to perform smooth movement with an aligned posture while blending with an attacker.
KNES 12B	Intermediate Aikido	1 Apply knowledge of basic fitness concepts as they apply to health and fitness.
KNES 12B	Intermediate Aikido	2 Demonstrate the ability to perform smooth movement with an aligned posture while blending with an attacker.
KNES 12D	Beginning Karate	1 Apply knowledge of basic fitness concepts as they apply to health and fitness.
KNES 12D	Beginning Karate	2 Demonstrate fundamental karate techniques at a beginning level.

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KNES 12E	Intermediate Karate	1 Apply knowledge of basic fitness concepts as they apply to health and fitness.
KNES 12E	Intermediate Karate	2 Demonstrate fundamental karate techniques at an intermediate level.
KNES 12G	Self-Defense	1 Demonstrate front and rear releases for a variety of grasps and holds.
KNES 12G	Self-Defense	2 Demonstrate knowledge of gender differences and fitness concepts when applying self defense techniques and preventive measures for various situations.
KNES 12H	Tai Chi	1 Assimilate proper breathing techniques to induce physical relaxation.
KNES 12H	Tai Chi	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 12J	Intermediate Tai Chi	1 Continue to assimilate proper breathing techniques to induce physical relaxation while performing a more complex set of Tai Chi postures and chi gong exercises.
KNES 12J	Intermediate Tai Chi	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 15A	Cross Training	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 15A	Cross Training	2 Increased cardiorespiratory fitness, muscular strength, muscular endurance, flexibility and improved body composition.
KNES 15C	Total Fitness	1 Demonstrate improvement of cardiovascular, strength and flexibility through total fitness.
KNES 15C	Total Fitness	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 15E	Cardiovascular and Strength Training	1 Apply both aerobic and anaerobic training techniques.

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KNES 15E	Cardiovascular and Strength Training	2 Perform physical training and demonstrate multi-phasic planning.
KNES 16A	Fit Camp	1 Demonstrates an an increasing control of skills pertaining to: cardiovascular, strength, flexibility, agility and balance.
KNES 16A	Fit Camp	2 Apply knowledge of basic fitness concepts as they apply to health wellness.
KNES 16B	Spin/Swim Fitness	1 Apply indoor cycling and swimming as a fitness training program.
KNES 16B	Spin/Swim Fitness	2 Analyze and apply all swim and indoor cycling theory and technique.
KNES 16B	Spin/Swim Fitness	3 Apply knowledge of basic fitness concepts as they apply to health and fitness.
KNES 19A	Strength Development	1 Perform strength development exercises, using safe lifting techniques, while demonstrating appropriate use of resistance training machines and free weights.
KNES 19A	Strength Development	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 19A	Strength Development	3 Demonstrate the knowledge and performance of a well rounded program for muscular strength.
KNES 19D	Training for Muscular Endurance	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 19D	Training for Muscular Endurance	2 Perform and safely execute muscular strength endurance exercises utilizing a variety of resistance training.
KNES 19E	Body Sculpting	1 Design and implement strength training program applying resistance principles to produce desired training effects.
KNES 19E	Body Sculpting	2 Apply knowledge of basic fitness concepts as they apply to health and fitness.

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KNES 19G	Core Conditioning	1 Perform with an increasing degree of proficiency balance, trunk strength, and stability as it pertains to core training.
KNES 19G	Core Conditioning	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 22A	Hatha Yoga	1 Assimilate proper breathing techniques to induce relaxation in life.
KNES 22A	Hatha Yoga	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 22A	Hatha Yoga	3 Develop an increasing awareness of the link between the mind- body connection.
KNES 22B	Yoga for Relaxation	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 22B	Yoga for Relaxation	2 Develop an increasing awareness of the link between the mind-body connection.
KNES 22B	Yoga for Relaxation	3 Assimilate proper breathing techniques to induce relaxation and stress reduction.
KNES 22C	Power Yoga	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 22C	Power Yoga	2 Develop an increasing awareness of the link between the mind-body connection.
KNES 22C	Power Yoga	3 Assimilate proper asanas to develop muscle strength, endurance, and flexibility.
KNES 22D	Flow Yoga	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 22D	Flow Yoga	2 Develop an increasing awareness of the link between the mind-body connection.
KNES 22D	Flow Yoga	3 Assimilate proper sequencing of asanas to develop a flow of breathing and movement.
KNES 22E	Yoga/Pilates Combo	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.

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KNES 22E	Yoga/Pilates Combo	2 Develop an increasing awareness of the link between the mind-body connection.
KNES 22E	Yoga/Pilates Combo	3 Assimilate various breathing techniques to induce mindfulness during exercise.
KNES 25A	Stretching	1 Apply and demonstrate flexibility concepts and use of proper technique for each joint of the body.
KNES 25A	Stretching	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 25B	Active Isolated Stretching	1 Ability to understand the concept of active isolated stretching and be able to apply it.
KNES 25B	Active Isolated Stretching	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.
KNES 25B	Active Isolated Stretching	3 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 26A	Basic Pilates Mat Exercise	1 Assimilate proper breathing techniques to induce relaxation in life.
KNES 26A	Basic Pilates Mat Exercise	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 26A	Basic Pilates Mat Exercise	3 Develop an increasing awareness of the link between the mind - body connection
KNES 26B	Integrated Pilates Mat Exercise	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 26B	Integrated Pilates Mat Exercise	2 Assimilate proper Pilates techniques while using a variety of equipment.
KNES 26B	Integrated Pilates Mat Exercise	3 Ability to practice movement sequences for postural, static and motor skills as they apply to everyday functional activities.

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KNES 29A	Fencing Level 1	1 Demonstrate with increasing proficiency fundamental offensive and defensive skills utilized in bouting with the French foil.
KNES 29A	Fencing Level 1	2 Apply knowledge of basic fitness concepts to health and fitness.
KNES 29B	Fencing Level 2	1 Demonstrate with increasing proficiency the implementation of fundamental offensive and defensive skills related to bouting with the French foil.
KNES 29B	Fencing Level 2	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 30A	Beginning Golf	1 Perform and execute a degree of proficiency with the basic fundamental of beginning golf.
KNES 30A	Beginning Golf	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 30A	Beginning Golf	3 Demonstrate knowledge of rules, etiquette and safety in the sport of golf.
KNES 30B	Advanced Beginning Golf	1 Ability to perform swing strokes, and putting skills at advanced beginner level.
KNES 30B	Advanced Beginning Golf	2 Knowledge of and use of the mid irons, for distance and specific shot requirements.
KNES 30B	Advanced Beginning Golf	3 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 30C	Intermediate Golf	1 Perform and execute an intermediate level of fundamental skills as it pertains to the sport of golf.
KNES 30C	Intermediate Golf	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 30C	Intermediate Golf	3 Demonstrate knowledge of rules, etiquette and safety in the sport of golf.

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KNES 31A	Beginning Badminton	1 Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.
KNES 31A	Beginning Badminton	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 31B	Intermediate Badminton	1 Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.
KNES 31B	Intermediate Badminton	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 31C	Advanced Badminton	1 Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.
KNES 31C	Advanced Badminton	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 32A	Beginning Tennis	1 Perform with increasing proficiency the skills and footwork of the game of tennis.
KNES 32A	Beginning Tennis	2 Apply knowledge of basic fitness concepts to health and fitness.
KNES 32B	Advanced Beginning Tennis	1 Perform with increasing proficiency the skills and footwork of the game of tennis.
KNES 32B	Advanced Beginning Tennis	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 32C	Intermediate Tennis	1 Implement with increasing proficiency the skills and footwork of the game of tennis.
KNES 32C	Intermediate Tennis	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 32D	Advanced Tennis	1 Implement with increasing proficiency the skills and footwork of the game of tennis.
KNES 32D	Advanced Tennis	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 33A	Multi-Sport Fitness	1 Perform with increasing proficiency in water & land physical activities.



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KNES 33A	Multi-Sport Fitness	2 Utilize a variety of training modalities ranging from pool to track skills.
KNES 36A	Team Sport - Basketball	1 Perform, through play/activity, the basic skills associated with team offensive and defensive concepts of basketball.
KNES 36A	Team Sport - Basketball	2 Apply and demonstrate fundamental understanding of street and formal rules of basketball.
KNES 36A	Team Sport - Basketball	3 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 37A	Soccer	1 Perform with increased proficiency the skills, footwork, and strategies of the sport of soccer.
KNES 37A	Soccer	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 37B	Soccer Level 2	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 37B	Soccer Level 2	2 Perform soccer skills and strategies that are performed in small group settings.
KNES 37C	Soccer Level 3	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 37C	Soccer Level 3	2 Perform soccer skills and strategies that are performed in large group settings.
KNES 37D	Soccer Level 4	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 37D	Soccer Level 4	2 Learning the roles and responsibilities of player positions in both the attacking and defending sides of the game.
KNES 37E	Indoor Soccer	1 Perform with increased proficiency the skills, footwork, and strategies of the sport of indoor soccer.
KNES 37E	Indoor Soccer	2 Apply knowledge of basic fitness concepts to health and wellness.

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KNES 38A	Futsal Level 1	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 38A	Futsal Level 1	2 Perform basic futsal skills, including passing and receiving the ball with the inside of the feet.
KNES 38B	Futsal Level 2	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 38B	Futsal Level 2	2 Perform intermediate futsal skills and strategies that are performed in small group settings.
KNES 38C	Futsal Level 3	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 38C	Futsal Level 3	2 Perform intermediate/advanced futsal skills and strategies that are performed in small group and large group settings.
KNES 38D	Futsal Level 4	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 38D	Futsal Level 4	2 Learning the roles and responsibilities of player positions in both the attacking and defending sides of the game.
KNES 39A	Volleyball Level 1	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 39A	Volleyball Level 1	2 Perform with an increasing degree of proficiency basic skills of volleyball.
KNES 39B	Volleyball Level 2	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 39B	Volleyball Level 2	2 Perform the techniques, strategies and physical skills of volleyball with an increasing degree of proficiency.
KNES 39C	Volleyball Level 3	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 39C	Volleyball Level 3	2 Perform the techniques, strategies and physical skills of volleyball with an increasing degree of proficiency.

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KNES 39DX Volleyball Level 4

1 Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNES 39DX Volleyball Level 4

2 Perform individual and team volleyball skills with an increasing degree of proficiency through tournament play.

KNES 42A Motor Skills Assessment and Development

1 Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNES 42A Motor Skills Assessment and Development

2 Ability to measure cardiorespiratory, flexibility and strength through assessment tests and measurements.

KNES 42B Motor Development Training Methodologies

1 Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNES 42B Motor Development Training Methodologies

2 Ability to apply periodization as a key training principle for increasing and improving motor development.

KNES 42B Motor Development Training Methodologies

3 Ability to assess the effects of anaerobic training and power with respect to specific muscle groups.

KNES 42C High Intensity Motor Training

1 Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNES 42C High Intensity Motor Training

2 Ability to develop personal cardiovascular fitness strategies.

KNES 42C High Intensity Motor Training

3 Ability to assess and understand the heart rate training system and the methodologies of interval training.

KNES 42D Aquatic Motor Development

1 Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNES 42D Aquatic Motor Development

2 Develop and employ motor development theory for aquatics.

KNES 42D Aquatic Motor Development

3 Understand and use the theory of aquatic exercise for cardio respiratory endurance, muscular strength and stress reduction.

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KNES 45	Introduction to Kinesiology	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.
KNES 45	Introduction to Kinesiology	2 Apply basic understanding and knowledge to the study of motion of the human body when exercising or participating in a physical activity or program and the movement forms of sports, dance, and exercise.
KNES 45	Introduction to Kinesiology	3 Apply, compare, and contrast the specific beneficial or disadvantageous aspects relating to career options and choices in Physical Education/Kinesiology and other related fields.
KNES 46	Care and Prevention of Athletic Injuries	1 Develop an understanding of the mechanical forces generated with athletic injuries.
KNES 46	Care and Prevention of Athletic Injuries	2 Develop an understanding of the appropriate methods to determine severity of injuries.
KNES 50A	Orientation to Lifetime Fitness	1 Demonstrate improvement of cardiovascular strength and flexibility through total fitness.
KNES 50A	Orientation to Lifetime Fitness	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 50A	Orientation to Lifetime Fitness	3 Analyze and compare dimensions of wellness as they apply to specific life goals.
KNES 50AL	Lifetime Wellness and Fitness Center Laboratory	1 Demonstrate improvement of cardiovascular strength and flexibility through total fitness.

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KNES 50AL Lifetime Wellness and Fitness Center Laboratory	2 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 51A Exercise and Weight Management	1 Apply knowledge of basic fitness concepts to health and fitness.
KNES 51A Exercise and Weight Management	2 Demonstrate an understanding of healthy weight management through positive daily energy expenditure.
KNES 51A Exercise and Weight Management	3 Develop improvements in diet, exercise, and healthy lifestyle habits for weight management.
KNES 51AL Exercise and Weight Management Laboratory	1 Demonstrate improvements in cardiovascular and muscular fitness through exercise.
KNES 51AL Exercise and Weight Management Laboratory	2 Apply knowledge of basic fitness concepts to health and fitness.
KNES 51AL Exercise and Weight Management Laboratory	3 Develop exercise habits to improve body composition through increases in daily energy expenditure.
KNES 52 Physical Stress Management	1 Evaluate what is causing personal stress and then design and implement a stress reduction program.
KNES 53 Health and Fitness	1 Demonstrate knowledge of basic fitness concepts as it applies to health.
KNES 53 Health and Fitness	2 Demonstrate knowledge of basic health concepts as they relate to lifestyle choices.
KNES 54 Introduction to Sport in Society	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.

## Physical Education/Athletics

KNES 54	Introduction to Sport in Society	2 Students will be able to describe historical, social, political, and economic processes producing diversity, equality, and structured inequalities within sport in societies.
KNES 55	Exercise Science	1 Compare and contrast the different energy systems of the body and the effect of diet and exercise on their capacity to provide energy.
KNES 55	Exercise Science	2 Investigate the theories of exercise physiology as they relate to the body and its ability to move and perform exercise.
KNES 56	Fitness Assessment for Personal Trainers	1 Assess fitness of clients using tests and guidelines developed by the American College of Sports Medicine.
KNES 56	Fitness Assessment for Personal Trainers	2 Construct a basic fitness program using the results of the fitness testing.
KNES 56	Fitness Assessment for Personal Trainers	3 Apply knowledge of basic fitness concepts as they apply to health and wellness.
KNES 57A	Coaching I: The Foundations of Coaching	1 Evaluate career options in specific levels of amateur and professional sports and athletic coaching.
KNES 57B	Coaching II: The Fundamentals of Fundraising and Budgetin	1 Analyze and critique the need for fundraising in education for sports and athletics programs.
KNES 57B	Coaching II: The Fundamentals of Fundraising and Budgetin	2 Evaluate the types, techniques and strategies of fundraising.
KNES 57B	Coaching II: The Fundamentals of Fundraising and Budgetin	3 Customize goal setting, time management, personal planning, and procedures related to fund raising.
KNES 77	Special Projects in Physical Education	1 Apply knowledge of basic fitness concepts as they apply to health and wellness.

## **Physical Education/Athletics**

KNES 77 Special Projects in Physical Education

2 Demonstrate improvement in areas related to independent study and personal goals.