

PEG Student Learning Outcomes

A student enrolling in a PEG class at LBCC will have the opportunity to engage in the following activities, according to the course outlines submitted by LBCC faculty:

Demonstrate a knowledge of and respect for sport rules, scoring, and etiquette
Describe sport history and traditions
Describe key concepts of sport/activity
Describe and demonstrate sport-specific movement patterns
Differentiate among skills required for the sport
Describe proficient levels of skill execution
Organize sport-specific skills in a progression from basic to advanced
Compare and contrast personal sport skills with those of others
Relate individual skills and drills to the game situation
Participate in physical conditioning activities appropriate to the sport
Improve aerobic and anaerobic endurance
Achieve strength and power necessary for explosive acceleration of the body
Avoid injury through proper conditioning and good technique
Track improvement in physical conditioning and skill performance
Evaluate individual and team performance
Formulate offensive and defensive strategies
Execute and evaluate strategic plans
Recognize and apply patterns of play
Apply rules and strategies in game situations as both player and umpire
Identify factors that contribute to good decision-making
Recognize teammates' abilities and relate those abilities to game strategies
Evaluate opponents' abilities
Develop strategies that specifically address opponents' abilities
Revise strategies in response to opponents' play
Improve concentration
Improve communication skills through team play
Design a plan to cope with game pressure
Create concrete performance goals and evaluate progress toward goals
Demonstrate the qualities of maturity, dependability, and the ability to make decisions
Recognize common hazards associated with the sport
Develop knowledge and skills required to minimize hazards associated with the sport
Recognize when a player is in physical distress and take action to alleviate problem
Select appropriate clothing and equipment for the sport/activity
Identify basic health and safety concepts particular to the sport/activity
Demonstrate respect for the sport facility
Describe the regulations that apply to the sport facility
Develop a plan for participating in the sport after the college years
Develop an appreciation for the sport/activity
Plan, conduct, and evaluate sport classes
Maintain complete and accurate records of classes taught
Develop a plan to keep knowledge and skills current