

PEIA Courses (Intercollegiate Athletics)

Course #	Course Name	Faculty	Student Learning Outcomes
PEIA3	Basketball (Men)	Anderson	<ol style="list-style-type: none"> 1. Develop the fitness necessary to recover from exhaustive intervals of demanding cardiorespiratory exertion. 2. Assess and apply the strength and power required for jumping and for quick changes of direction. 3. Recognize and demonstrate sufficient flexibility to avoid injuries associated with advanced participation in men's intercollegiate basketball. 4. Differentiate and demonstrate the specific skills used in advanced men's intercollegiate basketball, specifically dribbling, passing, shooting, screening, and rebounding. 5. Identify and perform the appropriate offensive or defensive strategy as an individual, and as part of a team for continuously changing competitive basketball situations. 6. Acquire and utilize techniques necessary to manage the stress of a competitive environment. 7. Relate individual drills and conditioning drills to actual game situations. 8. Develop and demonstrate the self-discipline imposed by intercollegiate athletics.
PEIA5	Cross Country (Men)	Skarr	<ol style="list-style-type: none"> 1. This course will provide the opportunity for skilled athletes to compete in an intercollegiate athletic program 2. The student will develop advanced techniques and strategies for successful participation 3. The student will acquire techniques necessary to manage the stress in a competitive 4. The student will develop the self-discipline imposed by intercollegiate athletics
PEIA7	Football (Men)	Jason	<ol style="list-style-type: none"> 1.name and define the correct body positions for successful completion of the student's football position. 2.demonstrate the proper techniques and body movements which are required for successful performance. 3.acquire the cardiovascular fitness to perform tasks which are at times aerobic and anaerobic in nature. 4.recite the general rules of the game of intercollegiate football. 5.perform a team oriented task at a competitive level under the duress which is experienced in intercollegiate athletics. 6.explain orally what is meant by the concept of sportsmanship. 7.demonstrate the ability to strategize by countering the moves of an opponent as learned in daily class meetings. 8.react correctly in an instantaneous manner to clues given by the opposing team.
PEIA13	Soccer (Men)	Noyes	<ol style="list-style-type: none"> 1. compete in an intercollegiate athletic program. 2. develop advanced techniques and strategies for successful participation in college soccer. 3. manage the stress in a competitive environment. 4. develop the self discipline imposed by intercollegiate athletics. 5. demonstrate the technical, tactical, physical and psychological components of the game of soccer. 6. state the rules of the game of soccer.
PEIA17M1	Tennis (Men)	Alvarez	<ol style="list-style-type: none"> 1. Identify and use college resources necessary for student success on and off the playing field. 2. Demonstrate the various strokes used in competitive tennis. 3. Execute tennis strokes in a consistent manner. 4. Apply tennis rules and code of conduct during a tennis match. 5. Accept losing and winning with equanimity. 6. Design a nutrition and workout regimen for optimum performance. 7. Assess an opponent's strengths and weaknesses after a 10-minute warmup. 8. Employ a variety of strategies in attempting to win a tennis match. 9. Observe a singles match in a tennis tournament, and suggest at least one strategy for improving the performance of the losing player. 10. Participate in community tennis activities at an appropriate ability level.

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PEIA21M1	Volleyball (Men)	Totorp	<ol style="list-style-type: none"> 1. Demonstrate conditioning for participation in men's intercollegiate volleyball. 2. Demonstrate advanced techniques and strategies associated with men's volleyball competition. 3. Create concrete performance goals and evaluate individual progress toward such goals. 4. Design a plan for coping with the pressure of being a student athlete. 5. Analyze personal volleyball skills and the skills of others. 6. Maintain an on-going self-evaluation of conditioning and individual volleyball skills. 7. Apply strategic plans in intra-squad volleyball scrimmages. 8. Investigate the college resources for help in maintaining the self discipline necessary in being a student athlete.
PEIA23	Water Polo (Men)	Oeding	<ol style="list-style-type: none"> 1. Demonstrate advanced techniques and strategies which evidence the ability to synthesize the game of water polo and its rules. 2. Possess the ability to evaluate and respond to the contingencies of the game for successful participation in water polo. 3. Demonstrate the self-discipline imposed by intercollegiate athletics by completing a training regime, being successful in practice and competitive settings, and maintaining eligibility. 4. Monitor and manage stress in a competitive environment. 5. Cognitively analyze the anticipated physical movements required to play water polo in a practice and competitive environment upon an evaluation of the contingent circumstances. 6. Affect the proper psychomotor responses in all water polo practice and competitive environments based upon an evaluation of the contingent circumstances.
PEIA27	Basketball (Women)	Jackson	<p>Perform tasks related to the basic and advanced fundamentals of basketball.</p> <p>Possess knowledge of certain skills and incorporate those skills into a competitive environment.</p> <p>Execute and demonstrate offensive and defensive strategies as incorporated by the instructor.</p> <p>Apply basketball rules related to the game of basketball and all facets of proper sportsmanship.</p> <p>Possess a clear understanding that information related to physical fitness is provided as a form of encouragement to maintain a healthy lifestyle.</p> <p>Demonstrate a successful holistic performance of the necessary skills and techniques for viable competition.</p> <p>Assess, in an on-going manner, one's own requisite flexibility, strength, coordination and endurance abilities in order to execute the required technical skills.</p> <p>Formulate and execute efficient and effective strategic plans for successful competitive situations.</p> <p>Evaluate physical skills and techniques in terms of space, time, force and reproduce these movements accurately and cohesively.</p> <p>Identify and use college resources necessary for student success on and off the playing field.</p> <p>Design a productive and efficient mental approach to competitive situations, including coping with the pressure of competition.</p> <p>Apply appropriate rules and sportsmanship during a competition.</p> <p>Accept losing and winning with equanimity.</p> <p>Design a nutrition and conditioning regimen for optimum performance.</p> <p>Adjust prepared strategies and tactics during a competition by countering the actions of an opponent to maximize success.</p>

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PEIA29AD	Cross Country (Women)	Vigilant	<ol style="list-style-type: none"> 1. Achieve the strength and power necessary for the explosive acceleration of the body, aerobic and anaerobic endurance to sustain long bouts of strenuous activity, and adequate flexibility for proper technique and the avoidance of injuries associated with cross country. 2. Demonstrate the proper execution of technique in the areas of cross country running. 3. Articulate strategies of running, including pace and position during a race. 4. Develop the self-discipline required to compete at the intercollegiate level. 5. Evaluate and critique past performances. 6. Design strategies for improved performance. 7. Maintain an on-going self-evaluation of conditioning and individual cross country skills.
PEIA31	Golf (Women)	Warnimont	<ol style="list-style-type: none"> 1. The course will provide the opportunity for skilled athletes to compete in an intercollegiate athletic program 2. The student will develop advanced techniques and strategies for successful participation 3. The student will acquire techniques to manage the stress in a competitive environment 4. The student will develop the self-discipline imposed by intercollegiate athletics 5. The student will develop skills in course management and shot selection
PEIA35	Soccer (Women)	Noyes	<ol style="list-style-type: none"> 1. Compete in an intercollegiate athletic program. 2. Develop advanced techniques and strategies for successful participation in college soccer. 3. Manage the stress in a competitive environment. 4. Develop the self-discipline imposed by intercollegiate athletics. 5. Demonstrate the technical, tactical, physical and psychological components of the game of soccer. 6. State the rules of the game soccer.
PEIA41M1	Tennis (Women)	Alvarez	<ol style="list-style-type: none"> 1. Identify and use college resources necessary for student success on and off the playing field. 2. Demonstrate the various strokes used in tennis. 3. Assess an opponent's strengths and weaknesses after a 10-minute warmup. 4. Employ a variety of strategies in attempting to win a tennis match. 5. Observe a singles match in a tennis tournament, and suggest at least one strategy for improving the performance of the losing player. 6. Participate in community tennis activities at an appropriate ability level. 7. Design a nutrition and workout regimen for optimum performance. 8. Accept losing and winning with equanimity. 9. Execute tennis strokes in a consistent manner. 10. Apply tennis rules and code of conduct during a tennis match.
PEIA43M1	Track & Field (Women)	Vigilant	<p>Achieve the strength and power necessary for the explosive acceleration of the body, aerobic and anaerobic endurance to sustain long bouts of strenuous activity, and adequate flexibility for proper technique and the avoidance of injuries associated with women's intercollegiate track and field.</p> <p>Demonstrate the proper execution of technique in the four areas of women's intercollegiate track and field; jumps, throws, sprinting and distance.</p> <p>Articulate strategies of running, including pace, baton exchanges, and position during a race.</p> <p>Develop the self-discipline required to compete at the intercollegiate level.</p> <p>Evaluate past performance.</p> <p>Design strategies for improved performance.</p> <p>Maintain an on-going self-evaluation of conditioning and individual track & field skills.</p>

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PEIA45	Volleyball (Women)	Witmer	<ol style="list-style-type: none"> 1. This course will provide the opportunity for skilled athletes to compete in an intercollegiate athletic program 2. The student will develop advanced techniques and strategies for successful participation 3. The student will acquire techniques necessary to manage the stress in a competitive 4. The student will develop the self-discipline imposed by intercollegiate athletics
PEIA47	Water Polo (Women)	Kasa	<ol style="list-style-type: none"> 1. Demonstrate advanced techniques and strategies which evidence the ability to synthesize the water polo game rules and "play book" plans and the ability to evaluate and respond to the contingencies of the game for successful participation in water polo. 2. Demonstrate the self-discipline imposed by intercollegiate athletics by completing a training regime, being successful in practice and competitive settings, and remaining eligible to play. 3. Manage the stress in a competitive environment.

PEIA Courses (Intercollegiate Athletics)

Course #	Course Name	Faculty	Evaluation Methods
PEIA3	Basketball (Men)	Anderson	<p>Term or Other Paper(s): Student evaluation sheets are read, discussed and evaluated to allow for specific skill/game enhancement.</p> <p>Laboratory Report(s): The checklist of support services utilized by the student during the semester is evaluated for completeness--required visits must be checked off, and a minimum of five elective services should be listed.</p> <p>Written Homework: The student's observational activity report will be evaluated as to appropriate analysis of offensive and defensive strategies, submission in a timely manner, and accuracy of content.</p> <p>Exam(s): Exams are evaluated daily as students are rated on practice and game performance. Practice evaluation occurs primarily during situational drills although it is not exclusive to this. Individual drills that are filmed are evaluated as to strategies employed to a given problem and their effectiveness. Students have at least 15 major tests during the semester as competition with another college provides the best opportunity for evaluation.</p> <p>Laboratory Report(s): In weekly reporting sessions, students must analyze and evaluate their opponent's strengths and weaknesses for the next game.</p> <p>Fieldwork: Students will be evaluated on their mastery of game plans and on their ability to formulate correct responses to a variety of situations that may occur during a competition.</p> <p>Skill demonstrations: Student performance is evaluated throughout the semester. Criteria is based on the accuracy of movement; use of appropriate situational strategies; appropriate energy dynamics. Successful performance is judged primarily on whether there is improvement in skill execution from previous performances.</p>
PEIA5	Cross Country (Men)	Skarr	N/A
PEIA7	Football (Men)	Jason	<p>Essay Exam(s): Students must recall in writing their upcoming opponents tendencies on a weekly basis.</p> <p>Laboratory Report(s): In their weekly reports, students must demonstrate knowledge of their opponent's strengths and weaknesses for the next game.</p> <p>Written Homework: Assignments will be evaluated on the correctness of the responses.</p> <p>Reading Report(s): Students will demonstrate the skills needed in a game situation. Among the skills tested will be knowledge of the opponent's offensive, defensive and special team's strategies. In addition, students must demonstrate proficiency in reading the coach's non verbal sign language.</p> <p>Exam(s): Exams are evaluated daily as students are rated on practice and game performance. Practice evaluation occurs primarily during group endeavors such as 7 on 7 pass and team drills although it is not exclusive to these drills. Individual drills such as one on one pass are also filmed and evaluated. Students have at least ten major tests during the semester as a game with another college provides the best opportunity for evaluation.</p> <p>Fieldwork: Students are tested on a daily basis through analysis of their performance of rehearsed individual movements as well as synchronized team plays. This analysis is observed by instructors watching the plays and games. It is also evaluated through the viewing of videos of practices and games.</p> <p>Skill demonstrations: Students are rated on practice and game performance. Individual drills evaluate students' mastery of all football related skills and strategies.</p> <p>Objective examinations: Students will be evaluated on their mastery of game plans and on their ability to come up with the correct responses to a variety of situations that may occur during a game.</p>
PEIA13	Soccer (Men)	Noyes	<p>Essay Exam(s): The system of play will be evaluated on its effectiveness against a particular opponent or system.</p> <p>Skill demonstrations: A skill evaluation will take place in passing, trapping, heading, shooting, and game awareness. A skill level of 80% is required.</p> <p>Objective examinations: Objective exams will be given to evaluate the student's knowledge of the rules and strategies of the game.</p> <p>Oral Presentation(s): Students will have to speak in front of the group to explain team tactics of chosen opponent and will be evaluated on their mastery of the game plan.</p>
PEIA17M1	Tennis (Men)	Alvarez	<p>Term or Other Paper(s): The written analysis of a tennis singles match is evaluated on how well the student can justify his prediction, the completeness of the discussion (each set should be covered in a separate paragraph), and the quality of the discussion, including length, insight, accuracy, and depth of analysis.</p> <p>Laboratory Report(s): the checklist of support services utilized by the student during the semester is evaluated for completeness--required visits must be checked off, and a minimum of 5 elective services should be listed. The goal sheet and workout program followed by the student during the semester are discussed periodically with the instructor one-on-one, so that the program can be fine-tuned to fit the student's needs.</p> <p>Skill demonstrations: Instructor observation of student performance during tennis matches constitutes the bulk of the evaluation process for this class. Successful performance is judged primarily on whether the student incorporates strategic concepts covered in practice sessions, and whether there is improvement in skill execution from previous performances.</p>

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PEIA21M1	Volleyball (Men)	Totorp	<p>Written Homework: Written homework outlining the 5-1 game strategies, role of the setter, role of the passers, and the volleyball playing rules will be evaluated on submission in a timely manner and completion of all questions.</p> <p>Skill demonstrations: Each student will be graded using the following player evaluation. For each listing the student receives a mark of "pass" or "fail". Students who "pass" a skill possess the necessary proficiency for participation at the intercollegiate level.</p> <p>Objective examinations: Objective examination will be used to test the student's mastery of the rules to playing volleyball including but not limited to multiple choice, true/false, matching items, and completion.</p> <p>Oral Presentation(s): Students are evaluated by their instructor and peers on comprehension and application of volleyball concepts.</p>
PEIA23	Water Polo (Men)	Oeding	<p>Written Homework: Students are evaluated by their comprehension of water polo concepts including, but not limited to, team tactics, strategies, mental preparation, and individual skills.</p> <p>Skill demonstrations: Each student will be graded using the following player evaluation. For each listing students receive a mark of "Pass" or "Fail". Students who "Pass" a skill possess the necessary proficiency for participation at the intercollegiate level.</p> <p>Swimming with the ball/dribbling 1. Dribbling 2. Speed dribbling 3. Control of ball in traffic 4. Change of pace and direction</p> <p>Passing 1. Accuracy (stationary) 2. Accuracy (moving) 3. Under pressure 4. Receiving ball (dry) 5. Receiving ball (wet)</p> <p>Shooting 1. Creating shooting lane 2. Drive shooting (horizontal) 3. Center shooting 4. Counterattack shooting 5. Perimeter shooting 6. Shot accuracy</p> <p>Shooting (positioning) 1. Balance 2. Legs 3. Body position 4. Body rotation 5. Arm mechanics 6. Ball release -hand and wrist -follow through 7. Faking</p> <p>Defense 1. Positioning 2. Use of hands, arms, and legs 3. One-on-one defense -perimeter -drive -center 4. Picks</p> <p>Offensive skills 1. Driving 2. Positioning -perimeter -center 3. Movement without the ball 5 on 6 1. Positioning 2. Responsibilities 3. Movement 4. Defense -on ball -off ball 6 on 5 1. Awareness -defense -goalie -teammates 2. Passing -accuracy -judgement 3. Movement -with the ball -away from the ball 4. Shooting -selection -location</p>
PEIA27	Basketball (Women)	Jackson	<p>Laboratory Report(s): The checklist of support services utilized by the student during the semester is evaluated for completeness. Required visits must be checked off, and a minimum of five elective services should be listed.</p> <p>Written Homework: The student's observational activity report will be evaluated as to appropriate analysis of offensive and defensive strategies, submission in a timely manner and accuracy of content.</p> <p>Exam(s): Exams are evaluated daily as students are rated on practice and game performance. Practice evaluation occurs primarily during situational drills although it is not exclusive to this. Individual drills that are filmed are evaluated as to strategies employed to a given problem and their effectiveness. Students have at least ten major "exams" during the semester as competition with another college provides the best opportunity for evaluation.</p> <p>Laboratory Report(s): In weekly reporting sessions, students must analyze and evaluate their opponent's strengths and weaknesses for future competition.</p> <p>Fieldwork: Students will be evaluated on their mastery of game plans and on their ability to formulate correct responses to a variety of situations that may occur during a competition.</p> <p>Skill demonstrations: Instructor observation of student performance during practice sessions and competitions constitutes the bulk of the evaluation process for this class. Successful performance is judged primarily on whether the student incorporates strategic concepts covered in practice sessions and whether there is improvement in skill execution from previous performances.</p> <p>Other (describes and explains): Students' overall development will be assessed based on personal attitude, skill development and personal development. Personal development will include; being receptive to the teaching styles of the course, being responsible for individual performance enhancement and demonstrating some form of leadership ability.</p>

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PEIA29AD	Cross Country (Women)	Vigilant	<p>Written Homework: Students are evaluated by the demonstration of their comprehension of cross country concepts including but not limited to team tactics, strategies, mental preparation and individual skills.</p> <p>Fieldwork: Students will participate in regular cross country competition and will subsequently evaluate and analyze performance to improve strategy.</p> <p>Skill demonstrations: Participation in intercollegiate cross country events will be analyzed and evaluated. Students will synthesize running strategies learned in this course and apply them to real race situations. Student grades will be based on individual effort and participation in training and competition, and the ability to apply team tactics and strategies during competition.</p>
PEIA31	Golf (Women)	Warnimont	
PEIA35	Soccer (Women)	Noyes	<p>Laboratory Report(s): The checklist of support services utilized by the student during the semester is evaluated for completeness- required visits must be checked off, and a minimum of five elective services should be listed.</p> <p>Written Homework: The student's observational activity report will be evaluated as to appropriate analysis of offensive and defensive strategies, submission in a timely manner, and accuracy of content.</p> <p>Exam(s): Exams are evaluated daily as students are rated on practice and game performance. Practice evaluation occurs primarily during situational drills although it is not exclusive to this. Individual drills that are filmed are evaluated as to strategies employed to a given problem and their effectiveness. Students have at least ten major "tests" during the semester as competition with another college provides the best opportunity for evaluation.</p> <p>Laboratory Report(s): In weekly reporting sessions, students must analyze and evaluate their opponent's strengths and weaknesses for the next game.</p> <p>Fieldwork: Students will be evaluated on their mastery of game plans and on their ability to formulate correct responses to a variety of situations that may occur during a competition.</p> <p>Skill demonstrations: Instructor observation of student performance during practice sessions and competitions constitutes the bulk of the evaluation process for this class. Successful performance is judged primarily on whether the student incorporates strategic concepts covered in practice sessions, and whether there is improvement in skill execution from previous performances. Students are tested on a daily basis through analysis of their performance of rehearsed individual movements as well as synchronized techniques. This analysis, as observed by instructors watching the plays and games, will be based on accuracy of movement, correct body alignment, continuity, and the use of appropriate energy dynamics.</p>
PEIA41M1	Tennis (Women)	Alvarez	<p>Term or Other Paper(s): The written evaluation of a tennis singles match is evaluated on how well the student can justify his prediction, the completeness of the discussion (each set should be covered in a separate paragraph), and the quality of the discussion, including length, insight, accuracy, depth of analysis, and enthusiasm.</p> <p>Laboratory Report(s): the checklist of student support services utilized by the student during the semester is evaluated for completeness--required visits must be checked off, and a minimum of 5 elective services should be listed.</p> <p>The goal sheet and workout program followed by the student during the semester are discussed periodically with the instructor one-on-one, so that the program can be fine-tuned to fit the students's individual needs.</p> <p>Skill demonstrations: Instructor observation of student performance during tennis matches constitutes the bulk of the evaluation process for this class. Successful performance is judged primarily on whether the student incorporates strategic concepts covered in practice sessions, and whether there is observable improvement in skill execution from previous performances.</p>
PEIA43M1	Track & Field (Women)	Vigilant	<p>Laboratory Report(s): Students weekly reports must demonstrate knowledge of their opponents strengths and weaknesses.</p> <p>Written Homework: Assignments will be evaluated on the correctness of the response from the weekly lab report.</p> <p>Reading Report(s): Students will demonstrate the skill needed in a meet. In addition, students must demonstrate proficiency in reading the coach's non-verbal sign language.</p> <p>Exam(s): Exams are evaluated daily as students are rated on practices and meet performance. Practice evaluation occurs as to how well the students listen to instructions and the ability to finish each drill/practice session strongly and in a timely manner. Students have 13-15 major tests during the semester at track meets with other colleges which provide the best opportunity for evaluation.</p> <p>Skill demonstrations: Students are rated on practice and meet performance. Individual drills evaluate student's mastery of track & field techniques.</p> <p>Objective examinations: Students will be evaluated on their mastery of game plans and on their ability to come up with the correct responses to a variety of situations that may occur during a track & field meet.</p>

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PEIA45	Volleyball (Women)	Witmer	N/A
PEIA47	Water Polo (Women)	Kasa	N/A