

PEIA Student Learning Outcomes

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

Compete in an intercollegiate athletic program
Develop advanced techniques and strategies
Demonstrate advanced techniques reliably and consistently
Select appropriate skills for the game situation
State rules of the game
Apply rules and code of conduct during a game
Explain the concept of sportsmanship
Accept winning and losing with equanimity
Improve fitness levels
Perform physical fitness activities as part of a healthful lifestyle
Design a nutrition and workout regimen for optimum performance
Acquire sufficient flexibility to avoid injuries
Apply strength and power required for quick changes of direction
Demonstrate the technical, tactical, physical, and psychological components of the game
Name and define correct body positions for a particular role on the team
Relate individual drills to actual game situations
Articulate and perform appropriate offensive and defensive strategies in a constantly changing competitive situation
Strategize by countering the moves of an opponent
React to clues given by the opposing team
Analyze personal skills and those of teammates
Evaluate and critique past performances
Design strategies to improve performance
Set concrete performance goals and evaluate progress toward goals
Assess an opponent's strengths and weaknesses
Monitor and manage stress in the competitive environment
Design a mental approach to competitive situations
Develop and demonstrate the self-discipline required for intercollegiate athletics
Demonstrate self-discipline by completing a training program, succeeding in practice and game situations, and maintaining academic eligibility
Perform competitive team-oriented tasks
Identify and use college resources necessary for success on and off the playing field
Become familiar with opportunities to participate in the sport after the college years