

PEPF Courses  
(Physical Fitness)

Course #	Course Name	Faculty	Student Learning Outcomes
PEPF2	Monitoring and Developing Sports Skills/Women's Basketball, Men's Basketball, Baseball, Softball	Jackson, Anderson, Crook, Blanco	<ol style="list-style-type: none"> <li>1. Select exercises to intelligently meet fitness goals.</li> <li>2. Demonstrate the relationship between specific drills and exercises and desired outcomes using the arena of field testing and evaluation.</li> <li>3. Gain first hand experience with developing meaningful physical objectives and field testing the methods used obtaining these specific goals.</li> <li>4. Demonstrate increased interest in strength, flexibility, and bodily agility and will be able to self-evaluate his progress both individually and through group norms.</li> <li>5. Have proper habits of eating and rest as well as the avoidance of substances harmful to proper body care.</li> <li>6. Cognitively analyze an anticipated physical movement for use in variety sports.</li> <li>7. Affect the proper psychomotor response in all competitive environments.</li> </ol>
PEPF3,4	Water Aerobics and Training	Kane	<ol style="list-style-type: none"> <li>1. Exercise continuously within their target heart rate.</li> <li>2. Learn the proper body alignment and movement in the water.</li> <li>3. Improvement in strength, endurance and flexibility.</li> <li>4. Describe the difference muscle groups employed during class activities.</li> <li>5. Describe the safety procedures of shallow of deep water exercise.</li> <li>6. Demonstration of flotation cuffs.</li> <li>7. Master all necessary movements for the class.</li> </ol>
PEPF5,6	Dance Aerobics/Cardio Kickboxing	Ballard	<ol style="list-style-type: none"> <li>1. Demonstrate a knowledge of proper technique in order to avoid injury.</li> <li>2. Describe the improvement in cardiovascular endurance developed through class activities.</li> <li>3. Design a cardiovascular endurance program that will enable them to maintain their desired level of fitness.</li> <li>4. Execute a series of coordinated movements.</li> <li>5. Recognize the importance of a proper warm up and warm down.</li> <li>6. Perform aerobic routines at the intensity needed to reach the target heart rate.</li> </ol>
PEPF5,6	Dance Aerobics/Walking	Miller	<ol style="list-style-type: none"> <li>1. Demonstrate a knowledge of proper technique in order to avoid injury.</li> <li>2. Describe the improvement in cardiovascular endurance developed through class activities.</li> <li>3. Design a cardiovascular endurance program that will enable them to maintain their desired level of fitness.</li> <li>4. Execute a series of coordinated movements.</li> <li>5. Recognize the importance of a proper warm up and warm down.</li> <li>6. Perform aerobic routines at the intensity needed to reach the target heart rate.</li> </ol>
PEPF5,6	Dance Aerobics/Kickboxing, step and interval training	Ballard	<ol style="list-style-type: none"> <li>1. Demonstrate a knowledge of proper technique in order to avoid injury.</li> <li>2. Describe the improvement in cardiovascular endurance developed through class activities.</li> <li>3. Design a cardiovascular endurance program that will enable them to maintain their desired level of fitness.</li> <li>4. Execute a series of coordinated movements.</li> <li>5. Recognize the importance of a proper warm up and warm down.</li> <li>6. Perform aerobic routines at the intensity needed to reach the target heart rate.</li> </ol>

PEPF Courses  
(Physical Fitness)

Course #	Course Name	Faculty	Student Learning Outcomes
PEPF5,6	Dance Aerobics	Galias, Marrujo, Jensen	<ol style="list-style-type: none"> <li>1. Demonstrate a knowledge of proper technique in order to avoid injury.</li> <li>2. Describe the improvement in cardiovascular endurance developed through class activities.</li> <li>3. Design a cardiovascular endurance program that will enable them to maintain their desired level of fitness.</li> <li>4. Execute a series of coordinated movements.</li> <li>5. Recognize the importance of a proper warm up and warm down.</li> <li>6. Perform aerobic routines at the intensity needed to reach the target heart rate.</li> </ol>
PEPF5,6	Dance Aerobics/Pilates	Jensen	<ol style="list-style-type: none"> <li>1. Demonstrate a knowledge of proper technique in order to avoid injury.</li> <li>2. Describe the improvement in cardiovascular endurance developed through class activities.</li> <li>3. Design a cardiovascular endurance program that will enable them to maintain their desired level of fitness.</li> <li>4. Execute a series of coordinated movements.</li> <li>5. Recognize the importance of a proper warm up and warm down.</li> <li>6. Perform aerobic routines at the intensity needed to reach the target heart rate.</li> </ol>
PEPF5,6	Dance Aerobics/Recreational Dance	Jensen	<ol style="list-style-type: none"> <li>1. Demonstrate a knowledge of proper technique in order to avoid injury.</li> <li>2. Describe the improvement in cardiovascular endurance developed through class activities.</li> <li>3. Design a cardiovascular endurance program that will enable them to maintain their desired level of fitness.</li> <li>4. Execute a series of coordinated movements.</li> <li>5. Recognize the importance of a proper warm up and warm down.</li> <li>6. Perform aerobic routines at the intensity needed to reach the target heart rate.</li> </ol>
PEPF5,6	Dance Aerobics/Pepsters	Galias	<ol style="list-style-type: none"> <li>1. Demonstrate a knowledge of proper technique in order to avoid injury.</li> <li>2. Describe the improvement in cardiovascular endurance developed through class activities.</li> <li>3. Design a cardiovascular endurance program that will enable them to maintain their desired level of fitness.</li> <li>4. Execute a series of coordinated movements.</li> <li>5. Recognize the importance of a proper warm up and warm down.</li> <li>6. Perform aerobic routines at the intensity needed to reach the target heart rate.</li> </ol>
PEPF5,6	Dance Aerobics/Yoga	Jensen	<ol style="list-style-type: none"> <li>1. Demonstrate a knowledge of proper technique in order to avoid injury.</li> <li>2. Describe the improvement in cardiovascular endurance developed through class activities.</li> <li>3. Design a cardiovascular endurance program that will enable them to maintain their desired level of fitness.</li> <li>4. Execute a series of coordinated movements.</li> <li>5. Recognize the importance of a proper warm up and warm down.</li> <li>6. Perform aerobic routines at the intensity needed to reach the target heart rate.</li> </ol>
PEPF5,6	Dance Aerobics/Circuit type weight training	Miller	<ol style="list-style-type: none"> <li>1. Demonstrate a knowledge of proper technique in order to avoid injury.</li> <li>2. Describe the improvement in cardiovascular endurance developed through class activities.</li> <li>3. Design a cardiovascular endurance program that will enable them to maintain their desired level of fitness.</li> <li>4. Execute a series of coordinated movements.</li> <li>5. Recognize the importance of a proper warm up and warm down.</li> <li>6. Perform aerobic routines at the intensity needed to reach the target heart rate.</li> </ol>

PEPF Courses  
(Physical Fitness)

Course #	Course Name	Faculty	Student Learning Outcomes
PEPF8	Aerobic Circuit Training	Miller	<ol style="list-style-type: none"> <li>1. Identify and understand basic health risks.</li> <li>2. Promote and establish self-managed behavior change.</li> <li>3. Analyze and evaluate exercise programs.</li> <li>4. Demonstrate and describe physiological capability testing which allows him/her to identify their current strength and cardiovascular ability levels.</li> <li>5. Distinguish and differentiate between various sport possibilities and ascertain correct programs their training has prepared them for.</li> <li>6. Analyze and classify exercise and health related literature and identify those of the most value.</li> <li>7. Design and apply a plan for a self-disciplined exercise program.</li> </ol>
PEPF10	Stretch & Relaxation	Prindle, Richard	<p>Perform from memory a selected routine for improvement of flexibility</p> <p>Perform routines for stretching specific parts of the body</p> <p>Perform warm-up exercises appropriate to pre-stretching activities</p> <p>Perform selected stress reduction and body centering techniques.</p> <p>Evaluate and monitor heart rate levels.</p> <p>Develop a personal log and flexibility routine.</p> <p>Design a personal routine of relaxation techniques.</p> <p>Create exercise activities appropriate to post-exercise activities.</p>
PEPF21	Physical Fitness/Spin Bike	Staff	<ol style="list-style-type: none"> <li>1. Explain and apply the basic principles of strength development including strength, endurance and power.</li> <li>2. Demonstrate the ability to select appropriate training equipment.</li> <li>3. Demonstrate the proper technique for using the various equipment involved with a fitness program.</li> <li>4. Calculate and utilize target heart rate during cardiorespiratory exercise.</li> <li>5. Demonstrate the ability to design and successfully perform a warm-up and cool-down stretching program.</li> <li>6. Create performance goals, assess progress, and evaluate effectiveness of a training program.</li> </ol>
PEPF21	Physical Fitness/Golf	Anderson	<ol style="list-style-type: none"> <li>1. Explain and apply the basic principles of strength development including strength, endurance and power.</li> <li>2. Demonstrate the ability to select appropriate training equipment.</li> <li>3. Demonstrate the proper technique for using the various equipment involved with a fitness program.</li> <li>4. Calculate and utilize target heart rate during cardiorespiratory exercise.</li> <li>5. Demonstrate the ability to design and successfully perform a warm-up and cool-down stretching program.</li> <li>6. Create performance goals, assess progress, and evaluate effectiveness of a training program.</li> </ol>
PEPF21	Physical Fitness/Cardio kickboxing	Ballard	<ol style="list-style-type: none"> <li>1. Explain and apply the basic principles of strength development including strength, endurance and power.</li> <li>2. Demonstrate the ability to select appropriate training equipment.</li> <li>3. Demonstrate the proper technique for using the various equipment involved with a fitness program.</li> <li>4. Calculate and utilize target heart rate during cardiorespiratory exercise.</li> <li>5. Demonstrate the ability to design and successfully perform a warm-up and cool-down stretching program.</li> <li>6. Create performance goals, assess progress, and evaluate effectiveness of a training program.</li> </ol>
PEPF21	Physical Fitness/Kickboxing, step and interval training	Ballard	<ol style="list-style-type: none"> <li>1. Explain and apply the basic principles of strength development including strength, endurance and power.</li> <li>2. Demonstrate the ability to select appropriate training equipment.</li> <li>3. Demonstrate the proper technique for using the various equipment involved with a fitness program.</li> <li>4. Calculate and utilize target heart rate during cardiorespiratory exercise.</li> <li>5. Demonstrate the ability to design and successfully perform a warm-up and cool-down stretching program.</li> <li>6. Create performance goals, assess progress, and evaluate effectiveness of a training program.</li> </ol>
PEPF21	Physical Fitness/Aerobic workout	Marrujo	<ol style="list-style-type: none"> <li>1. Explain and apply the basic principles of strength development including strength, endurance and power.</li> <li>2. Demonstrate the ability to select appropriate training equipment.</li> <li>3. Demonstrate the proper technique for using the various equipment involved with a fitness program.</li> <li>4. Calculate and utilize target heart rate during cardiorespiratory exercise.</li> <li>5. Demonstrate the ability to design and successfully perform a warm-up and cool-down stretching program.</li> <li>6. Create performance goals, assess progress, and evaluate effectiveness of a training program.</li> </ol>

PEPF Courses  
(Physical Fitness)

Course #	Course Name	Faculty	Student Learning Outcomes
PEPF21	Physical Fitness/Pilates	Jensen	<ol style="list-style-type: none"> <li>1. Explain and apply the basic principles of strength development including strength, endurance and power.</li> <li>2. Demonstrate the ability to select appropriate training equipment.</li> <li>3. Demonstrate the proper technique for using the various equipment involved with a fitness program.</li> <li>4. Calculate and utilize target heart rate during cardiorespiratory exercise.</li> <li>5. Demonstrate the ability to design and successfully perform a warm-up and cool-down stretching program.</li> <li>6. Create performance goals, assess progress, and evaluate effectiveness of a training program.</li> </ol>
PEPF21	Physical Fitness/Weight Management	Richard	<ol style="list-style-type: none"> <li>1. Explain and apply the basic principles of strength development including strength, endurance and power.</li> <li>2. Demonstrate the ability to select appropriate training equipment.</li> <li>3. Demonstrate the proper technique for using the various equipment involved with a fitness program.</li> <li>4. Calculate and utilize target heart rate during cardiorespiratory exercise.</li> <li>5. Demonstrate the ability to design and successfully perform a warm-up and cool-down stretching program.</li> <li>6. Create performance goals, assess progress, and evaluate effectiveness of a training program.</li> </ol>
PEPF21	Physical Fitness/Yoga	Jensen	<ol style="list-style-type: none"> <li>1. Explain and apply the basic principles of strength development including strength, endurance and power.</li> <li>2. Demonstrate the ability to select appropriate training equipment.</li> <li>3. Demonstrate the proper technique for using the various equipment involved with a fitness program.</li> <li>4. Calculate and utilize target heart rate during cardiorespiratory exercise.</li> <li>5. Demonstrate the ability to design and successfully perform a warm-up and cool-down stretching program.</li> <li>6. Create performance goals, assess progress, and evaluate effectiveness of a training program.</li> </ol>
PEPF21	Physical Fitness/Dance Aerobics	Jensen, Staff	<ol style="list-style-type: none"> <li>1. Explain and apply the basic principles of strength development including strength, endurance and power.</li> <li>2. Demonstrate the ability to select appropriate training equipment.</li> <li>3. Demonstrate the proper technique for using the various equipment involved with a fitness program.</li> <li>4. Calculate and utilize target heart rate during cardiorespiratory exercise.</li> <li>5. Demonstrate the ability to design and successfully perform a warm-up and cool-down stretching program.</li> <li>6. Create performance goals, assess progress, and evaluate effectiveness of a training program.</li> </ol>
PEPF21	Physical Fitness/Stretch and Relaxation	Prindle, Richard	<ol style="list-style-type: none"> <li>1. Explain and apply the basic principles of strength development including strength, endurance and power.</li> <li>2. Demonstrate the ability to select appropriate training equipment.</li> <li>3. Demonstrate the proper technique for using the various equipment involved with a fitness program.</li> <li>4. Calculate and utilize target heart rate during cardiorespiratory exercise.</li> <li>5. Demonstrate the ability to design and successfully perform a warm-up and cool-down stretching program.</li> <li>6. Create performance goals, assess progress, and evaluate effectiveness of a training program.</li> </ol>
PEPF21	Physical Fitness/Recreational Dance	Jensen	<ol style="list-style-type: none"> <li>1. Explain and apply the basic principles of strength development including strength, endurance and power.</li> <li>2. Demonstrate the ability to select appropriate training equipment.</li> <li>3. Demonstrate the proper technique for using the various equipment involved with a fitness program.</li> <li>4. Calculate and utilize target heart rate during cardiorespiratory exercise.</li> <li>5. Demonstrate the ability to design and successfully perform a warm-up and cool-down stretching program.</li> <li>6. Create performance goals, assess progress, and evaluate effectiveness of a training program.</li> </ol>
PEPF21	Physical Fitness/Spin Cycling	Hall	<ol style="list-style-type: none"> <li>1. Explain and apply the basic principles of strength development including strength, endurance and power.</li> <li>2. Demonstrate the ability to select appropriate training equipment.</li> <li>3. Demonstrate the proper technique for using the various equipment involved with a fitness program.</li> <li>4. Calculate and utilize target heart rate during cardiorespiratory exercise.</li> <li>5. Demonstrate the ability to design and successfully perform a warm-up and cool-down stretching program.</li> <li>6. Create performance goals, assess progress, and evaluate effectiveness of a training program.</li> </ol>
PEPF21	Physical Fitness/Weight Training	McCall, Vigilant	<ol style="list-style-type: none"> <li>1. Explain and apply the basic principles of strength development including strength, endurance and power.</li> <li>2. Demonstrate the ability to select appropriate training equipment.</li> <li>3. Demonstrate the proper technique for using the various equipment involved with a fitness program.</li> <li>4. Calculate and utilize target heart rate during cardiorespiratory exercise.</li> <li>5. Demonstrate the ability to design and successfully perform a warm-up and cool-down stretching program.</li> <li>6. Create performance goals, assess progress, and evaluate effectiveness of a training program.</li> </ol>

PEPF Courses  
(Physical Fitness)

Course #	Course Name	Faculty	Student Learning Outcomes
PEPF21	Physical Fitness/Backpacking	Webb	<ol style="list-style-type: none"> <li>1. Explain and apply the basic principles of strength development including strength, endurance and power.</li> <li>2. Demonstrate the ability to select appropriate training equipment.</li> <li>3. Demonstrate the proper technique for using the various equipment involved with a fitness program.</li> <li>4. Calculate and utilize target heart rate during cardiorespiratory exercise.</li> <li>5. Demonstrate the ability to design and successfully perform a warm-up and cool-down stretching program.</li> <li>6. Create performance goals, assess progress, and evaluate effectiveness of a training program.</li> </ol>
PEPF21	Physical Fitness/Nordic Skiing	Webb	<ol style="list-style-type: none"> <li>1. Explain and apply the basic principles of strength development including strength, endurance and power.</li> <li>2. Demonstrate the ability to select appropriate training equipment.</li> <li>3. Demonstrate the proper technique for using the various equipment involved with a fitness program.</li> <li>4. Calculate and utilize target heart rate during cardiorespiratory exercise.</li> <li>5. Demonstrate the ability to design and successfully perform a warm-up and cool-down stretching program.</li> <li>6. Create performance goals, assess progress, and evaluate effectiveness of a training program.</li> </ol>
PEPF22	Physical Fitness/Athletic Teams, Pepsters	Jaso, Totorp, Galias, Vigilant, Witmer, Rae, Myers, Oeding, Maloney, Poto	<ol style="list-style-type: none"> <li>1. Explain and apply the basic principles of strength development including strength, endurance, and power.</li> <li>2. Demonstrate the ability to select appropriate training equipment.</li> <li>3. Demonstrate the proper technique for using the various equipment involved with a fitness program.</li> <li>4. Calculate and utilize target heart rate during cardiorespiratory exercise.</li> <li>5. Demonstrate the ability to design and successfully perform a warm-up and cool-down stretching program.</li> <li>6. Create performance goals, assess progress, and evaluate effectiveness of a training program.</li> </ol>
PEPF42	Swimming Fitness	Rogers, Richard	<ol style="list-style-type: none"> <li>1. set realistic and measurable goals for improving cardio-respiratory fitness.</li> <li>2. set realistic and measurable goals for improving strength.</li> <li>3. design a safe, efficient swim exercise program.</li> <li>4. evaluate the effectiveness of the swim exercise program.</li> <li>5. analyze stroke drills to include in the swim exercise program.</li> <li>6. create a swim workout for each phase of a training program.</li> </ol>
PEPF42	Swimming Fitness/Diving	Rogers	<ol style="list-style-type: none"> <li>1. set realistic and measurable goals for improving cardio-respiratory fitness.</li> <li>2. set realistic and measurable goals for improving strength.</li> <li>3. design a safe, efficient swim exercise program.</li> <li>4. evaluate the effectiveness of the swim exercise program.</li> <li>5. analyze stroke drills to include in the swim exercise program.</li> <li>6. create a swim workout for each phase of a training program.</li> </ol>

PEPF Courses  
(Physical Fitness)

Course #	Course Name	Faculty	Student Learning Outcomes
PEPF48	Swim Fitness/Polo	Oeding	<ol style="list-style-type: none"> <li>1. Demonstrate conditioning for participation in intercollegiate water polo.</li> <li>2. Demonstrate advanced techniques and strategies associated with water polo competition.</li> <li>3. Create concrete performance goals and evaluate individual progress toward such goals.</li> <li>4. Design a plan for coping with the pressures of being a student-athlete.</li> <li>5. Analyze the required swim conditioning and water polo skills of oneself and others.</li> <li>6. Maintain an on-going self-evaluation of swim conditioning and individual water polo skills.</li> <li>7. Apply strategic plans in intra-squad water polo scrimmages and swim conditioning sets.</li> <li>8. Investigate the college resources for helping one to maintain the self discipline necessary to be a student athlete.</li> </ol>
PEPF53,54	Weight Training	Prindle, Jaso, Witmer, Jacobsen, Blanco, McCall	<ol style="list-style-type: none"> <li>1. develop a strength specific program to meet the individual's goals.</li> <li>2. demonstrate the proper techniques of heavy weight training.</li> <li>3. employ strategies to increase strength and power.</li> <li>4. demonstrate an awareness of safety and precautions and equipment usage.</li> <li>5. identify the superficial muscles of the human body.</li> <li>6. differentiate the myths and facts regarding exercise.</li> </ol>

PEPF Courses  
(Physical Fitness)

Course #	Course Name	Faculty	Student Learning Outcomes
PEPF53,54	Weight Training/power lifting, free weights	Crook	<ol style="list-style-type: none"> <li>1. develop a strength specific program to meet the individual's goals.</li> <li>2. demonstrate the proper techniques of heavy weight training.</li> <li>3. employ strategies to increase strength and power.</li> <li>4. demonstrate an awareness of safety and precautions and equipment usage.</li> <li>5. identify the superficial muscles of the human body.</li> <li>6. differentiate the myths and facts regarding exercise.</li> </ol>
PEPF53,54	Weight Training/Water Polo teams	Oeding	<ol style="list-style-type: none"> <li>1. develop a strength specific program to meet the individual's goals.</li> <li>2. demonstrate the proper techniques of heavy weight training.</li> <li>3. employ strategies to increase strength and power.</li> <li>4. demonstrate an awareness of safety and precautions and equipment usage.</li> <li>5. identify the superficial muscles of the human body.</li> <li>6. differentiate the myths and facts regarding exercise.</li> </ol>
PEPF53,54	Weight Training/Super Circuit	Miller	<ol style="list-style-type: none"> <li>1. develop a strength specific program to meet the individual's goals.</li> <li>2. demonstrate the proper techniques of heavy weight training.</li> <li>3. employ strategies to increase strength and power.</li> <li>4. demonstrate an awareness of safety and precautions and equipment usage.</li> <li>5. identify the superficial muscles of the human body.</li> <li>6. differentiate the myths and facts regarding exercise.</li> </ol>
PEPF53,54	Weight Training/Football team	Jaso	<ol style="list-style-type: none"> <li>1. develop a strength specific program to meet the individual's goals.</li> <li>2. demonstrate the proper techniques of heavy weight training.</li> <li>3. employ strategies to increase strength and power.</li> <li>4. demonstrate an awareness of safety and precautions and equipment usage.</li> <li>5. identify the superficial muscles of the human body.</li> <li>6. differentiate the myths and facts regarding exercise.</li> </ol>

PEPF Courses  
(Physical Fitness)

Course #	Course Name	Faculty	Student Learning Outcomes
PEPF70	Physical Fitness for Aviators	Smith	<ol style="list-style-type: none"><li>1. Explain the physical fitness needs of pilots.</li><li>2. Contrast FAA and airline medical qualifications and disqualifying physical conditions.</li><li>3. Analyze FAA and airline medical qualifications for controllable and uncontrollable health risk.</li><li>4. Create a personal program for developing and maintaining physical fitness and a healthful lifestyle.</li><li>5. Evaluate the effectiveness of an exercise program</li><li>6. Participate in an exercise program to improve and maintain the physical fitness of pilots.</li></ol>

PEPF Courses  
(Physical Fitness)

Course #	Course Name	Faculty	Evaluation Methods
PEPF2	Monitoring and Developing Sports Skills/Women's Basketball, Men's Basketball, Baseball, Softball	Jackson, Anderson, Crook, Blanco	<p>Term or Other Paper(s): A research paper will be completed. The research paper will be evaluated on submission in a timely manner and college level writing skills.</p> <p>Exam(s): A final exam, multiple choice exams, will be administered to test the student's mastery of course content.</p> <p>Skill demonstrations: Students will complete pre and post fitness tests, which will reveal how diligently they performed their in-class activity/ab assignment. The student's results will be compared for information purposes to a national norm.</p> <p>Laboratory Report(s): Students turn-in documented workout charts and self-analysis of their progress towards goals. Three workouts per week and a forty-percent gain in overall strength and aerobic capacity are expected.</p> <p>Written Homework: An Internet assignment is graded for quality of unbiased information.</p> <p>Quizzes: Pop-quizzes are used to synthesize key concepts, review definitions, and solve specific problems for exercise.</p> <p>Homework Problem(s): Students are required to design an efficient exercise program they can fit into their schedule.</p> <p>Laboratory Report(s): Workout charts and "goal-checks" are required to evaluate gains in fitness and analyze goal attainment.</p> <p>Fieldwork: Students attend an athletic event or dance concert to foster healthy use of leisure time, involvement in extracurricular activity, and an appreciation for performance-related fitness.</p> <p>Skill demonstrations: Students are required to perform exercise correctly in the weight room. Selected physical fitness tests are used for the evaluation of gains in aerobic capacity, strength, and flexibility.</p> <p>Objective examinations: Mid-term and final exams (objective tests) are used to evaluate the students ability to categorize and differentiate good and poor exercise information and to use such information in solving exercise prescription problems.</p> <p>Oral Presentation(s): Students are required to research a topic on the Internet and report their findings to class. Quality of information and response to question are graded.</p>
PEPF3,4	Water Aerobics and Training	Kane	N/A
PEPF5,6	Dance Aerobics/Cardio Kickboxing	Ballard	<p>Term or Other Paper(s): A research paper will be completed. The research paper will be evaluated on submission in a timely manner and college level writing skills.</p> <p>Exam(s): A final exam, multiple choice exam, will be administered to test the student's mastery of course content.</p> <p>Skill demonstrations: Students will complete pre and post fitness tests, which will reveal how diligently they performed their in-class activity/ab assignment. The student's results will be compared for information purposes to a national norm.</p>
PEPF5,6	Dance Aerobics/Walking	Miller	<p>Term or Other Paper(s): A research paper will be completed. The research paper will be evaluated on submission in a timely manner and college level writing skills.</p> <p>Exam(s): A final exam, multiple choice exam, will be administered to test the student's mastery of course content.</p> <p>Skill demonstrations: Students will complete pre and post fitness tests, which will reveal how diligently they performed their in-class activity/ab assignment. The student's results will be compared for information purposes to a national norm.</p>
PEPF5,6	Dance Aerobics/Kickboxing, step and interval training	Ballard	<p>Term or Other Paper(s): A research paper will be completed. The research paper will be evaluated on submission in a timely manner and college level writing skills.</p> <p>Exam(s): A final exam, multiple choice exam, will be administered to test the student's mastery of course content.</p> <p>Skill demonstrations: Students will complete pre and post fitness tests, which will reveal how diligently they performed their in-class activity/ab assignment. The student's results will be compared for information purposes to a national norm.</p>

PEPF Courses  
(Physical Fitness)

Course #	Course Name	Faculty	Evaluation Methods
PEPF5,6	Dance Aerobics	Galias, Marrujo, Jensen	Term or Other Paper(s): A research paper will be completed. The research paper will be evaluated on submission in a timely manner and college level writing skills. Exam(s): A final exam, multiple choice exam, will be administered to test the student's mastery of course content. Skill demonstrations: Students will complete pre and post fitness tests, which will reveal how diligently they performed their in-class activity/ab assignment. The student's results will be compared for information purposes to a national norm.
PEPF5,6	Dance Aerobics/Pilates	Jensen	Term or Other Paper(s): A research paper will be completed. The research paper will be evaluated on submission in a timely manner and college level writing skills. Exam(s): A final exam, multiple choice exam, will be administered to test the student's mastery of course content. Skill demonstrations: Students will complete pre and post fitness tests, which will reveal how diligently they performed their in-class activity/ab assignment. The student's results will be compared for information purposes to a national norm.
PEPF5,6	Dance Aerobics/Recreational Dance	Jensen	Term or Other Paper(s): A research paper will be completed. The research paper will be evaluated on submission in a timely manner and college level writing skills. Exam(s): A final exam, multiple choice exam, will be administered to test the student's mastery of course content. Skill demonstrations: Students will complete pre and post fitness tests, which will reveal how diligently they performed their in-class activity/ab assignment. The student's results will be compared for information purposes to a national norm.
PEPF5,6	Dance Aerobics/Pepsters	Galias	Term or Other Paper(s): A research paper will be completed. The research paper will be evaluated on submission in a timely manner and college level writing skills. Exam(s): A final exam, multiple choice exam, will be administered to test the student's mastery of course content. Skill demonstrations: Students will complete pre and post fitness tests, which will reveal how diligently they performed their in-class activity/ab assignment. The student's results will be compared for information purposes to a national norm.
PEPF5,6	Dance Aerobics/Yoga	Jensen	Term or Other Paper(s): A research paper will be completed. The research paper will be evaluated on submission in a timely manner and college level writing skills. Exam(s): A final exam, multiple choice exam, will be administered to test the student's mastery of course content. Skill demonstrations: Students will complete pre and post fitness tests, which will reveal how diligently they performed their in-class activity/ab assignment. The student's results will be compared for information purposes to a national norm.
PEPF5,6	Dance Aerobics/Circuit type weight training	Miller	Term or Other Paper(s): A research paper will be completed. The research paper will be evaluated on submission in a timely manner and college level writing skills. Exam(s): A final exam, multiple choice exam, will be administered to test the student's mastery of course content. Skill demonstrations: Students will complete pre and post fitness tests, which will reveal how diligently they performed their in-class activity/ab assignment. The student's results will be compared for information purposes to a national norm.

PEPF Courses  
(Physical Fitness)

Course #	Course Name	Faculty	Evaluation Methods
PEPF8	Aerobic Circuit Training	Miller	<p>Term or Other Paper(s): If selected, a ten page research paper will be evaluated on thorough research, correct annotations in footnotes and the bibliography as well as correct grammar usage.</p> <p>If selected, a class presentation with a topic agreed upon with the instructor will be evaluated on thorough and correct topic research.</p> <p>Laboratory Report(s): Students will take a series of physical tests establishing a baseline with subsequent testing evaluating improvement. Strength improvement daily recaps will be evaluated numerous times with a grade given for accuracy and understanding and applying correct training principles.</p> <p>Reading Report(s): Fitness norms and assessments are analyzed by students interpreting current fitness levels.</p> <p>Written Evaluation, Other (specify): Completion of physical tests is part of grading process.</p> <p>Computational/Problem Solving, Other (specify): Students demonstrate understanding of fitness prescription in essay form. Objective examinations will be used to test the students' mastery of the key principles and terminology applicable to the course content. Further methods of evaluation, other: Attendance is large part of grading criteria as this is an aerobic based physical education class.</p>
PEPF10	Stretch & Relaxation	Prindle, Richard	<p>Term or Other Paper(s): Students will develop an individual stretching program that should include exercises designed for all major body parts, that stretch and relaxation activities are included, and that correct technique is presented.</p> <p>Written Homework: Journals will be evaluated on a monthly basis at least and for expression of course content within a student's lifestyle for effective stress management.</p> <p>Skill demonstrations: Students are required to perform stretching and relaxation exercise using correct techniques and form. Selected flexibility tests are used to measure improvement.</p> <p>Objective examinations: Mid-term and final exams are to measure students' understanding of the concepts and techniques of stretching and relaxation.</p>
PEPF21	Physical Fitness/Spin Bike	Staff	<p>Laboratory Report(s): Students will maintain records of their individualized workout programs and will be evaluated on the completion of their fitness goals and understanding of the basic components of physical fitness.</p> <p>Skill demonstrations: Students' class performance will be evaluated by pre-test/ post-test of their personal fitness program and by established standards of correct techniques in the use of the fitness related equipment.</p> <p>Objective examinations: Objective examinations will be used to test the student's mastery of the concepts of fitness and proper techniques of fitness training.</p>
PEPF21	Physical Fitness/Golf	Anderson	<p>Laboratory Report(s): Students will maintain records of their individualized workout programs and will be evaluated on the completion of their fitness goals and understanding of the basic components of physical fitness.</p> <p>Skill demonstrations: Students' class performance will be evaluated by pre-test/ post-test of their personal fitness program and by established standards of correct techniques in the use of the fitness related equipment.</p> <p>Objective examinations: Objective examinations will be used to test the student's mastery of the concepts of fitness and proper techniques of fitness training.</p>
PEPF21	Physical Fitness/Cardio kickboxing	Ballard	<p>Laboratory Report(s): Students will maintain records of their individualized workout programs and will be evaluated on the completion of their fitness goals and understanding of the basic components of physical fitness.</p> <p>Skill demonstrations: Students' class performance will be evaluated by pre-test/ post-test of their personal fitness program and by established standards of correct techniques in the use of the fitness related equipment.</p> <p>Objective examinations: Objective examinations will be used to test the student's mastery of the concepts of fitness and proper techniques of fitness training.</p>
PEPF21	Physical Fitness/Kickboxing, step and interval training	Ballard	<p>Laboratory Report(s): Students will maintain records of their individualized workout programs and will be evaluated on the completion of their fitness goals and understanding of the basic components of physical fitness.</p> <p>Skill demonstrations: Students' class performance will be evaluated by pre-test/ post-test of their personal fitness program and by established standards of correct techniques in the use of the fitness related equipment.</p> <p>Objective examinations: Objective examinations will be used to test the student's mastery of the concepts of fitness and proper techniques of fitness training.</p>
PEPF21	Physical Fitness/Aerobic workout	Marrujo	<p>Laboratory Report(s): Students will maintain records of their individualized workout programs and will be evaluated on the completion of their fitness goals and understanding of the basic components of physical fitness.</p> <p>Skill demonstrations: Students' class performance will be evaluated by pre-test/ post-test of their personal fitness program and by established standards of correct techniques in the use of the fitness related equipment.</p> <p>Objective examinations: Objective examinations will be used to test the student's mastery of the concepts of fitness and proper techniques of fitness training.</p>

PEPF Courses  
(Physical Fitness)

Course #	Course Name	Faculty	Evaluation Methods
PEPF21	Physical Fitness/Pilates	Jensen	Laboratory Report(s): Students will maintain records of their individualized workout programs and will be evaluated on the completion of their fitness goals and understanding of the basic components of physical fitness. Skill demonstrations: Students' class performance will be evaluated by pre-test/ post-test of their personal fitness program and by established standards of correct techniques in the use of the fitness related equipment. Objective examinations: Objective examinations will be used to test the student's mastery of the concepts of fitness and proper techniques of fitness training.
PEPF21	Physical Fitness/Weight Management	Richard	Laboratory Report(s): Students will maintain records of their individualized workout programs and will be evaluated on the completion of their fitness goals and understanding of the basic components of physical fitness. Skill demonstrations: Students' class performance will be evaluated by pre-test/ post-test of their personal fitness program and by established standards of correct techniques in the use of the fitness related equipment. Objective examinations: Objective examinations will be used to test the student's mastery of the concepts of fitness and proper techniques of fitness training.
PEPF21	Physical Fitness/Yoga	Jensen	Laboratory Report(s): Students will maintain records of their individualized workout programs and will be evaluated on the completion of their fitness goals and understanding of the basic components of physical fitness. Skill demonstrations: Students' class performance will be evaluated by pre-test/ post-test of their personal fitness program and by established standards of correct techniques in the use of the fitness related equipment. Objective examinations: Objective examinations will be used to test the student's mastery of the concepts of fitness and proper techniques of fitness training.
PEPF21	Physical Fitness/Dance Aerobics	Jensen, Staff	Laboratory Report(s): Students will maintain records of their individualized workout programs and will be evaluated on the completion of their fitness goals and understanding of the basic components of physical fitness. Skill demonstrations: Students' class performance will be evaluated by pre-test/ post-test of their personal fitness program and by established standards of correct techniques in the use of the fitness related equipment. Objective examinations: Objective examinations will be used to test the student's mastery of the concepts of fitness and proper techniques of fitness training.
PEPF21	Physical Fitness/Stretch and Relaxation	Prindle, Richard	Laboratory Report(s): Students will maintain records of their individualized workout programs and will be evaluated on the completion of their fitness goals and understanding of the basic components of physical fitness. Skill demonstrations: Students' class performance will be evaluated by pre-test/ post-test of their personal fitness program and by established standards of correct techniques in the use of the fitness related equipment. Objective examinations: Objective examinations will be used to test the student's mastery of the concepts of fitness and proper techniques of fitness training.
PEPF21	Physical Fitness/Recreational Dance	Jensen	Laboratory Report(s): Students will maintain records of their individualized workout programs and will be evaluated on the completion of their fitness goals and understanding of the basic components of physical fitness. Skill demonstrations: Students' class performance will be evaluated by pre-test/ post-test of their personal fitness program and by established standards of correct techniques in the use of the fitness related equipment. Objective examinations: Objective examinations will be used to test the student's mastery of the concepts of fitness and proper techniques of fitness training.
PEPF21	Physical Fitness/Spin Cycling	Hall	Laboratory Report(s): Students will maintain records of their individualized workout programs and will be evaluated on the completion of their fitness goals and understanding of the basic components of physical fitness. Skill demonstrations: Students' class performance will be evaluated by pre-test/ post-test of their personal fitness program and by established standards of correct techniques in the use of the fitness related equipment. Objective examinations: Objective examinations will be used to test the student's mastery of the concepts of fitness and proper techniques of fitness training.
PEPF21	Physical Fitness/Weight Training	McCall, Vigilant	Laboratory Report(s): Students will maintain records of their individualized workout programs and will be evaluated on the completion of their fitness goals and understanding of the basic components of physical fitness. Skill demonstrations: Students' class performance will be evaluated by pre-test/ post-test of their personal fitness program and by established standards of correct techniques in the use of the fitness related equipment. Objective examinations: Objective examinations will be used to test the student's mastery of the concepts of fitness and proper techniques of fitness training.

PEPF Courses  
(Physical Fitness)

Course #	Course Name	Faculty	Evaluation Methods
PEPF21	Physical Fitness/Backpacking	Webb	Laboratory Report(s): Students will maintain records of their individualized workout programs and will be evaluated on the completion of their fitness goals and understanding of the basic components of physical fitness. Skill demonstrations: Students' class performance will be evaluated by pre-test/ post-test of their personal fitness program and by established standards of correct techniques in the use of the fitness related equipment. Objective examinations: Objective examinations will be used to test the student's mastery of the concepts of fitness and proper techniques of fitness training.
PEPF21	Physical Fitness/Nordic Skiing	Webb	Laboratory Report(s): Students will maintain records of their individualized workout programs and will be evaluated on the completion of their fitness goals and understanding of the basic components of physical fitness. Skill demonstrations: Students' class performance will be evaluated by pre-test/ post-test of their personal fitness program and by established standards of correct techniques in the use of the fitness related equipment. Objective examinations: Objective examinations will be used to test the student's mastery of the concepts of fitness and proper techniques of fitness training.
PEPF22	Physical Fitness/Athletic Teams, Pepsters	Jaso, Totorp, Galias, Vigilant, Witmer, Rae, Myers, Oeding, Maloney, Poto	Laboratory Report(s): Students will maintain records of their individualized workout programs and will be evaluated on the completion of their fitness goals and understanding of the basic components of physical fitness. Skill demonstrations: Students' class performance will be evaluated by pre-test/post-test of their personal fitness program and by established standards of correct techniques in the use of the fitness related equipment. Objective examinations: Objective examinations will be used to test the student's mastery of the concepts of fitness and proper techniques of fitness training.
PEPF42	Swimming Fitness	Rogers, Richard	Laboratory Report(s): Students will document their exercise workout completed, detailing yardage and sets completed. Students will be graded on the accuracy of their lab report and percentage of improvement on strokes and yardage. Exam(s): Student will be graded on proper stroke techniques on stroke analysis tests and fitness tests. Quizzes: Multiple choice and true/false quizzes are graded on the students' knowledge of strokes. Objective examinations: A final examination is used to evaluate the student's ability to compare and analysis various swim fitness programs.
PEPF42	Swimming Fitness/Diving	Rogers	Laboratory Report(s): Students will document their exercise workout completed, detailing yardage and sets completed. Students will be graded on the accuracy of their lab report and percentage of improvement on strokes and yardage. Exam(s): Student will be graded on proper stroke techniques on stroke analysis tests and fitness tests. Quizzes: Multiple choice and true/false quizzes are graded on the students' knowledge of strokes. Objective examinations: A final examination is used to evaluate the student's ability to compare and analysis various swim fitness programs.

PEPF Courses  
(Physical Fitness)

Course #	Course Name	Faculty	Evaluation Methods
PEPF48	Swim Fitness/Polo	Oeding	<p>Written Homework: Students are evaluated by their comprehension of water polo conditioning concepts including, but not limited to, aerobic swimming, anaerobic swimming, lactate tolerance, and VO2 max.</p> <p>Skill demonstrations: Each student will be graded using the following student evaluation. For each listing students receive a mark of "Pass" or "Fail". Students who "pass" a skill possess the necessary proficiency for participation the intercollegiate level.</p> <p>Swimming with the ball/Dribbling</p> <ol style="list-style-type: none"> <li>1. Dribbling</li> <li>2. Speed dribbling</li> <li>3. Control of ball in traffic</li> <li>4. Change of pace and direction</li> </ol> <p>Shooting</p> <ol style="list-style-type: none"> <li>1. Drive shooting (horizontal)</li> <li>2. Counter-attack shooting</li> <li>3. Perimeter shooting (after sprint swim)</li> </ol> <p>Conditioning: Defense</p> <ol style="list-style-type: none"> <li>1. One-on-one driving</li> <li>2. Counter attack</li> <li>3. Perimeter (press)</li> <li>4. Center (press)</li> <li>5. Picks</li> </ol> <p>Conditioning: Offensive</p> <ol style="list-style-type: none"> <li>1. Driving</li> <li>2. Counter attack</li> <li>3. Releases (press)</li> </ol> <p>Swim testing</p> <ol style="list-style-type: none"> <li>1. Aerobic</li> <li>2. Sprint</li> <li>3. Anaerobic</li> <li>4. Circuit</li> </ol>
PEPF53,54	Weight Training	Prindle, Jaso, Witmer, Jacobsen, Blanco, McCall	<p>Term or Other Paper(s): Papers are evaluated based on completion.</p> <p>Laboratory Report(s): Students turn in documented workout charts and a self-analysis of their progress toward their goals. A forty-percent gain in overall strength and aerobic capacity is expected.</p> <p>Quizzes: pop-quizzes are used to evaluate students' mastery of key concepts, definitions, and solution of problems for exercise.</p> <p>Laboratory Report(s): Workout charts and goal-checks are required to evaluate gains in fitness and analyze attainment.</p> <p>Skill demonstrations: Students are required to perform exercises correctly in the weight room. Selected physical fitness tests are used for the evaluation of gains in aerobic capacity, strength, endurance, and flexibility.</p>

PEPF Courses  
(Physical Fitness)

Course #	Course Name	Faculty	Evaluation Methods
PEPF53,54	Weight Training/power lifting, free weights	Crook	<p>Term or Other Paper(s): Papers are evaluated based on completion.</p> <p>Laboratory Report(s): Students turn in documented workout charts and a self-analysis of their progress toward their goals. A forty-percent gain in overall strength and aerobic capacity is expected.</p> <p>Quizzes: pop-quizzes are used to evaluate students' mastery of key concepts, definitions, and solution of problems for exercise.</p> <p>Laboratory Report(s): Workout charts and goal-checks are required to evaluate gains in fitness and analyze attainment.</p> <p>Skill demonstrations: Students are required to perform exercises correctly in the weight room. Selected physical fitness tests are used for the evaluation of gains in aerobic capacity, strength, endurance, and flexibility.</p>
PEPF53,54	Weight Training/Water Polo teams	Oeding	<p>Term or Other Paper(s): Papers are evaluated based on completion.</p> <p>Laboratory Report(s): Students turn in documented workout charts and a self-analysis of their progress toward their goals. A forty-percent gain in overall strength and aerobic capacity is expected.</p> <p>Quizzes: pop-quizzes are used to evaluate students' mastery of key concepts, definitions, and solution of problems for exercise.</p> <p>Laboratory Report(s): Workout charts and goal-checks are required to evaluate gains in fitness and analyze attainment.</p> <p>Skill demonstrations: Students are required to perform exercises correctly in the weight room. Selected physical fitness tests are used for the evaluation of gains in aerobic capacity, strength, endurance, and flexibility.</p>
PEPF53,54	Weight Training/Super Circuit	Miller	<p>Term or Other Paper(s): Papers are evaluated based on completion.</p> <p>Laboratory Report(s): Students turn in documented workout charts and a self-analysis of their progress toward their goals. A forty-percent gain in overall strength and aerobic capacity is expected.</p> <p>Quizzes: pop-quizzes are used to evaluate students' mastery of key concepts, definitions, and solution of problems for exercise.</p> <p>Laboratory Report(s): Workout charts and goal-checks are required to evaluate gains in fitness and analyze attainment.</p> <p>Skill demonstrations: Students are required to perform exercises correctly in the weight room. Selected physical fitness tests are used for the evaluation of gains in aerobic capacity, strength, endurance, and flexibility.</p>
PEPF53,54	Weight Training/Football team	Jaso	<p>Term or Other Paper(s): Papers are evaluated based on completion.</p> <p>Laboratory Report(s): Students turn in documented workout charts and a self-analysis of their progress toward their goals. A forty-percent gain in overall strength and aerobic capacity is expected.</p> <p>Quizzes: pop-quizzes are used to evaluate students' mastery of key concepts, definitions, and solution of problems for exercise.</p> <p>Laboratory Report(s): Workout charts and goal-checks are required to evaluate gains in fitness and analyze attainment.</p> <p>Skill demonstrations: Students are required to perform exercises correctly in the weight room. Selected physical fitness tests are used for the evaluation of gains in aerobic capacity, strength, endurance, and flexibility.</p>

PEPF Courses  
(Physical Fitness)

Course #	Course Name	Faculty	Evaluation Methods
PEPF70	Physical Fitness for Aviators	Smith	<p>Essay Exam(s): Short-answer/essay exams require the student to synthesize, analyze, and prioritize health risks, needed interventions, and exercise recommendations for specific situations (e.g., obese elderly male cigarette smoker).</p> <p>Laboratory Report(s): Students complete self-administered tests of physical fitness and record their workouts throughout the semester. Summary reports are evaluated periodically for accuracy, completeness, appropriate goals, and gains.</p> <p>Written Homework: In a short paper, students synthesize, analyze, and prioritize their health risks, level of stress, needed interventions, and specific plans for implementing change.</p> <p>Reading Report(s): In each lecture, students discuss their needs and interests for additional information relevant to exercise. Students subsequently find and read credible internet research that is evaluated for making a meaningful and contemporary contribution to the topic.</p> <p>Exam(s): Students are required to draw conclusions about the appropriateness of given exercise prescriptions for people of different age, sex, fitness level, and activity preferences.</p> <p>Quizzes: Students are quizzed on FAA and airline medical qualifications for controllable and uncontrollable health risk and disqualifying physical conditions.</p> <p>Homework Problem(s): Students are evaluated for implementing a program of their own design to systematically increase their weekly expenditure of aerobic calories to levels associated with reduced health risks.</p> <p>Laboratory Report(s): Periodically and at the end of the semester, students submit a record of self-tests for strength, local muscular endurance, aerobic capacity, and flexibility. The record is evaluated for accuracy, completeness, the setting of appropriate personal goals.</p> <p>Problem-Solving, Other (specify): Students bring and share internet material related to the content of each lecture. The quality of the material is evaluated for being current, relevant, credible, and substantiated with references. Skill demonstrations: Overall workout quality is evaluated in an ongoing manner for frequency and regularity, appropriate effort, accuracy and completeness of recording, and progression toward clearly identified goals.</p> <p>Presentation(s): Students share their internet findings with small groups and the class. The clarity of their presentation and quality of the information are evaluated.</p> <p>Further evaluation methods, Other: An objective take-home test, primarily a teaching tool to focus students on the key concepts of each lecture, is distributed to students at their first meeting. Students are evaluated for keeping up with the test in a timely manner.</p>