

PEPP Courses
(Professional Preparation)

Course #	Course Name	Faculty	Student Learning Outcomes
PEPP5	Sports Appreciation	Jackson	<ol style="list-style-type: none"> 1. evaluate the role of sports in American society 2. synthesize the contribution of sports to cultures past and present 3. analyze the role of spectators in modern sports 4. analyze the impact of selected sports on American culture 5. contrast amateur and professional spectatorship 6. critique the relationship of media to sport 7. explain the relationship between sports and the humanities
PEPP7	Intro to Community Recreation	Reisbig	<ol style="list-style-type: none"> 1. Trace the historical and philosophical development of leisure and recreation in the United States & Canada. 2. Describe the implications of the recreation movement in the United States & Canada. 3. Identify the activities which comprise the recreational field. 4. Describe the facilities and operations of a variety of recreation agencies. 5. Define the role of the professional recreator. 6. Identify the various careers in recreation and park services.
PEPP10	Prevention & Care of Athletic Injuries	Aja	<ol style="list-style-type: none"> 1. Demonstrate techniques used to develop the physiological effects of physical conditioning and rehabilitation. 2. Identify the predisposing factors and their effects related to athletic injuries. 3. Identify anatomy as it is relevant to injury. 4. Identify sports injuries, and their immediate care. 5. Demonstrate skills of adhesive strapping and bandaging of body areas commonly injured in sports and dance. 6. Acquire the skills necessary for the general management of athletic injuries. 7. Demonstrate the uses and limitations of therapeutic treatment and preventative conditioning. 8. Identify the nutritional demands from sports participation and injury prevention and recovery. 9. Demonstrate the care and maintenance of bracing and supportive equipment. 10. Recognize the various stages in the injury process. 11. Identify the emergency plan for all athletic facilities. 12. Identify various administrative procedures for effective management of the athletic treatment center and athletic health care service.
PEPP13	Dance Aerobics-- Professional Preparation	Jensen	<ol style="list-style-type: none"> 1. Demonstrate a knowledge of proper technique and correct progression of an aerobic class. 2. Develop lesson planning skills and techniques. 3. Demonstrate an ability to recognize common student errors and to use instructional techniques for individual corrections. 4. Demonstrate a knowledge of stimulating target heart rate and the ability to monitor physical effort and exertion. 5. Develop a musical sense of tempo, rhythm, and meter, in order to motivate and lead effectively. 6. Identify symptoms and common complaints familiar to aerobic dance injury.
PEPP15	Sports Officiating	Staff	<ol style="list-style-type: none"> 1. Memorize the NCAA, CIF, and recreational rules for the fall sports of football and basketball. 2. Demonstrate the ability to manage all participants at the game, including players, coaches and other officials. 3. Use all specific signals provided in the rule book for football and basketball. 4. Officiate an intramural game with accurate appraisal of violations and proper assessment of penalties. 5. Solve problems that may occur in real game situations. 6. The student should be prepared for certification for recreation and California Interscholastic Federation officiating.

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PEPP19	Theory of Football	Jaso, Reisbig	<ol style="list-style-type: none"> 1. develop the techniques and skills necessary to become an effective player or coach. 2. establish the administration and organization of a football program. 3. explain the safety factors involved in physical training in football. 4. differentiate between the various types of equipment and the necessary safety precautions required to use this equipment. 5. prepare and explain in writing an effective game plan and the appropriate reasons for selecting the strategies to be utilized. 6. describe in writing two or more methods of resolving conflicts between a player and a coach or between a player and another player. 7. diagram six base defenses and the base offense used by Long Beach City College. 8. develop a set of rules for expected player behavior in practices, meetings and games and list the resulting punishment for non-compliance with these rules. 9. design a strength and conditioning program and appropriate testing for verification of its effectiveness.
PEPP23	First Aid and Safety Education	Klune	<ol style="list-style-type: none"> 1. meet the requirements of the Standard First Aid and Personal Safety and Cardio-Pulmonary Resuscitation (CPR) certificates granted by the American Red Cross. 2. demonstrate knowledge of basic life support in unwitnessed and witnessed cardiac arrest. 3. display the successful techniques of bandaging. 4. describe the proper sequence of techniques necessary for the provision of competent emergency care. 5. identify and apply the sound principles of first aid. 6. evaluate emergency situations quickly and effectively and demonstrate correct application of proper procedures. 7. evaluate the effectiveness of technical applications of their skills. 8. train or coach volunteer help available in emergency situations and apply sound judgement in handling stress situations involving the well being of injured individuals.
PEPP23M1	Child First Aid & Safety	Eyman	<ol style="list-style-type: none"> 1. Meet the requirements of the Standard First Aid and Personal Safety for Children and Infants and Cardio-Pulmonary Resuscitation (CPR) certificate granted by the American Red Cross. 2. Demonstrate knowledge of basic life support in unwitnessed and witnessed cardiac arrest. 3. Display the successful techniques of bandaging. 4. Appraise the proper sequence of techniques necessary for the provision of competent emergency care. 5. Identify and apply the sound principles of first aid. 6. Evaluate emergency situations quickly and effectively and demonstrate correct application of proper procedure. 7. Evaluate the effectiveness of the technical applications of their skills. 8. Train or coach volunteers to help in emergency situations. 9. Assess proper procedures in handling stressful situations to ensure the well being of injured individuals.
PEPP25	Baseball (Men)	Crook	<ol style="list-style-type: none"> 1. Demonstrate knowledge of fundamental baseball skills and technique. 2. Apply knowledge of the intricacies of activity instruction. 3. Demonstrate knowledge of activity skill progression. 4. Interpret current rules correctly in a competitive environment. 5. Create effective lesson plans. 6. Employ proper methods of conditioning. 7. Analyze the mechanics of skill performance and prescribe remediation. 8. Demonstrate knowledge of team play and strategies. 9. List team building strategies.
PEPP63	Softball (Women)	Blanco	<ol style="list-style-type: none"> 1. Assess and apply established procedures for an 18 week strength and anaerobic conditioning program. 2. Use methods, concepts and theories of softball with intricacies of sport instruction. 3. Demonstrate and practice the many facets of successful teaching preparation. 4. Recognize and demonstrate effective instruction for sport skill progression. 5. Describe and demonstrate a knowledge of current rules by correct application of those rules in a realistic environment. 6. Identify and perform fundamentally sound techniques for each category of softball skills.

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PEPP65	Track and Field (Women)	Vigilant	<p>Prepare and demonstrate a comprehensive conditioning program for safe participation in Track & Field.</p> <p>Explain and demonstrate a variety of techniques and strategies associated with running, jumping, and throwing.</p> <p>Create concrete performance goals and evaluate individual progress towards these goals.</p> <p>Interpret and apply all of the rules of proper running form, jumping position, and throwing technique.</p> <p>Analyze and evaluate the running, jumping, and throwing skills and techniques of others.</p> <p>Formulate and execute strategic plans in practice situations.</p> <p>Maintain an on-going evaluation of conditioning and individual running, jumping, and throwing skills.</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>Evaluate Track & Field techniques in terms of space, time and force, and reproduce these skills accurately.</p>
PEPP71,73	Work Experience: PE Professional Preparation	Jervey	<ol style="list-style-type: none"> 1. Describe typical duties, responsibilities and compensations at the entry level of the occupation associated with the current work experience assignment. 2. Describe the occupational knowledge and/or improved occupational skills gained as a result of completing on-the-job learning objectives. 3. Compare and analyze similar job skills among the various entry level occupations found in the current employer's site or common to the industry, including both technical and organization skills such as communications, teamwork, and intercultural relations. 4. Formulate three work-related objectives; the content and nature of those outcomes will vary by student. 5. Set goals, schedule time and describe the resources required to accomplish those goals. 6. Analyze the college and community resource agencies for employment search, job and company research, application procedures, remedial instruction, and occupational knowledge and skill enhancement. 7. Complete a simulated job interview (videotape) through a role-play scenario and critique it. 8. Analyze the underlying causes of a job-related conflict and evaluate the possible steps to resolve the conflict. 9. Discuss topics related to the enhancement of job specific skills and responsibilities so as to enhance employment options.

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PEPP5	Sports Appreciation	Jackson	N/A
PEPP7	Intro to Community Recreation	Reisbig	<p>Essay Exam(s): Students will be graded on content. Questions are based on information gathered from class lectures and class presentation questions.</p> <p>Term or Other Paper(s): The students will be graded on their ability to look at a recreational problem and present their evaluation and solutions to the given scenario.</p> <p>Written Homework: The student's homework reports will be evaluated as to appropriate analysis and evaluation, submission in a timely manner, and accuracy of content.</p> <p>Exam(s): The students will take three short answer exams throughout the semester. Questions will be based on information obtained from class lectures and outside information.</p> <p>Laboratory Report(s): Students will orally summarize results of group work among themselves and with the class. They will be evaluated as to the expression of complete and correct information.</p> <p>Fieldwork: The student will be required to interview professionals in the field of physical education and recreation. Their findings will be presented in a form of a report detailing their findings of this field.</p>
PEPP10	Prevention & Care of Athletic Injuries	Aja	<p>Objective examinations: Objective examinations will be used to test the student's mastery of the key principles and terminology applicable to the course content.</p> <p>Term or Other Paper(s): Written assignment on clinical experience and fieldwork will be graded on the basis of completeness, spelling, adherence to required length and submitted on the due date.</p> <p>Laboratory Report(s): Required laboratory skills are evaluated by meeting the criteria necessary to provide support and protection of the body part being addressed.</p> <p>Written Homework: Homework is evaluated on correctness.</p> <p>Laboratory Report(s): Students are evaluated on their ability to choose the correct size tape, wrap, or brace to fit the model. Muscle release techniques are evaluated by the student's ability to ascertain correct positioning of model and ability to modify positions to accommodate various sizes of models.</p> <p>Fieldwork: Student will be evaluated on his/her ability to assess the need to apply concepts and skills learned in lecture/lab in a practical setting.</p> <p>Skill demonstrations: Skills are demonstrated, evaluated, and points are earned according to students ability to apply protective strapping, etc. in a manner which satisfies the criteria for success.</p> <p>Objective examinations: Multiple choice, true/false questions challenging the mastery of concepts presented in the unit will be evaluated on accuracy.</p>
PEPP13	Dance Aerobics-- Professional Preparation	Jensen	<p>Term or Other Paper(s): Papers are evaluated based on their timely completion.</p> <p>Laboratory Report(s): Students will turn in lab notebook for review. The lab notebook will contain all relevant information presented in the class.(e.g. lesson plans, proper teaching progressions, pro use of music, monitor physical exertion). This notebook will be evaluated on accuracy and students' mastery of the eight-beat progression.</p> <p>Homework Problem(s): Students are required to design an efficient aerobic dance program and are evaluated on fitness gains and criteria for an acceptable program.</p> <p>Laboratory Report(s): Aerobic dance routines are evaluated on fitness gains.</p> <p>Objective examinations: Objective exams are evaluated on the students' mastery of vocabulary and key concepts.</p>
PEPP15	Sports Officiating	Staff	<p>Essay Exam(s): Students will be given four essay exams throughout the course. The exams will cover interpretation of the rules, official positioning, and game management. They will be graded using a rubric.</p> <p>Term or Other Paper(s): The students will be asked to write a final paper evaluating the conduct of certified officials during a high school or college game of football and basketball. A rubric will be used to grade the paper.</p> <p>Laboratory Report(s): Students will participate in weekly verbal reports to assess and analyze their performance, and the performance of their peers, during game situations. Students will be judged on participation and feedback will be provided by the instructor.</p> <p>Written Homework: Written homework will be evaluated on submission in a timely manner and completion of all problems.</p> <p>Reading Report(s): See above.</p> <p>Exam(s): Multiple choice and/or true/false questions will evaluate the student's mastery of the rules of football and basketball.</p> <p>Skill demonstrations of hand signals will be used to evaluate the student's competence in officiating.</p> <p>Fieldwork: During each lab sessions, students will go to the playing field to demonstrate what has been learned in homework assignments and during classroom lecture.</p> <p>Skill demonstrations: Intramural game practice will demonstrate student's proficiency in officiating.</p> <p>Objective examinations: All tests will be short answer, essay, or demonstration</p>

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PEPP19	Theory of Football	Jaso, Reisbig	<p>Laboratory Report(s): In their weekly reports students must demonstrate knowledge of an opponent's strengths and weaknesses and the ability to properly evaluate those areas.</p> <p>Written Homework: Assignments will be evaluated on the completion of the assignment in a timely matter and signs of effort in the completion of the assignment.</p> <p>Reading Report(s): Students will demonstrate the skills needed to properly construct and interpret a weekly scouting report.</p> <p>Exam(s): Students are evaluated weekly on their acquisition of course material. These evaluations are both written and oral.</p> <p>Laboratory Report(s): Students work on video productions of their own play as well as strategic clips of their opponents. This work is an oral presentation which is evaluated by the instructor.</p> <p>Fieldwork: Student are tested in the demonstration of the correct body movements utilized in the performance of their particular position. This may or may not include the use of football related learning aids.</p> <p>Skill demonstrations: Students are rated on their ability to evaluate an opponent. Film clips and written reports will be evaluated on their accuracy.</p> <p>Objective examinations: Students will be evaluated on their mastery of game plans and on their ability to come up with the responses to a variety of situations that may occur during a game.</p>
PEPP23	First Aid and Safety Education	Klune	<p>Exam(s): Final written exam (ARC certification only 80% or above).</p> <p>Skill demonstrations: Students must demonstrate competency in all required skills as mandated by the ARC.</p>
PEPP23M1	Child First Aid & Safety	Eyman	<p>Laboratory Report(s): Assignments will be evaluated on the completion of the assignment in a timely manner, thorough and correct completion of the assignment based on the instructions given, and signs of effort in the completion of the assignment.</p> <p>Exam(s): Exams are evaluated on the student's ability to synthesize key concepts and solve appropriate problems as they relate to the content.</p> <p>Skill demonstrations: Students must demonstrate competency in all required skills as mandated by the ARC standards.</p> <p>Objective examinations: Objective exams will be used to evaluate a student's recall of key concepts and correct use of vocabulary/nomenclature.</p>
PEPP25	Baseball (Men)	Crook	<p>Term or Other Paper(s): Papers are graded on completion in a timely manner and correct English composition.</p> <p>Written Homework: Lesson plans are graded on organization, completeness, and creativity.</p> <p>Laboratory Report(s): Students orally summarize results of group work among themselves and with the class.</p> <p>Skill demonstrations: Students are evaluated on skill demonstration. Students are evaluated on instruction techniques.</p> <p>Objective examinations: Students are given oral and written quizzes to demonstrate mastery of class objectives.</p> <p>Portfolio: Students are evaluated on completeness of the portfolio.</p> <p>Oral Presentation(s): Students are evaluated on ability to effectively present written assignments and internet findings.</p> <p>Other (describe and explain): Internet assignment is evaluated for credibility and relevance to class.</p>
PEPP63	Softball (Women)	Blanco	<p>Written Homework: Homework will be evaluated based on critical thinking skills as well as the students' ability to articulate ideas and positions clearly and concisely.</p> <p>Quizzes: Students are quized on NCAA Rules and Regulations, as well as California Community College specifications.</p> <p>Students are quized on offensive and defensive signals and strategies.</p> <p>Skill demonstrations: Students must meet adequate competency levels in performing each category of fundamental softball skills.</p> <p>Oral Presentation(s): Each student will be evaluated on his ability to teach his portion of the group's chosen skill or strategy. The group itself will be evaluated on their presentation and creativity in developing drills to adequately teach the skill or strategy they have chosen.</p> <p>Other (describe and explain): Students will be evaluated on the substance and quality of their notebooks. All homework assignments, lecture outlines, handouts, and student's class notes should be included in their notebooks. Cla notes and homework assignments should be thorough and complete.</p>

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PEPP65	Track and Field (Women)	Vigilant	<p>Written Homework: The student's homework reports will be evaluated as to appropriate analysis and evaluation, submission in a timely manner, and accuracy of content.</p> <p>Quizzes: Exams will evaluate the student's mastery of the appropriate application of content and effective problem solving abilities to a given situation.</p> <p>Laboratory Report(s): Students will orally summarize results of group work among themselves and with the class. They will be evaluated as to the expression of complete and correct information.</p> <p>Fieldwork: Students are tested on a daily basis through analysis of their performance of rehearsed individual movements. This analysis is observed by instructors watching the race. It is also evaluated through the viewing of videos of practice and the meets.</p> <p>Skill demonstrations: Students' class performance will be evaluated by using established track & field standards for accuracy of movement, correct body alignment, continuity, and the use of appropriate energy dynamics in regards to skills and techniques.</p> <p>Students' class performance will be evaluated by using established track & field standards for situational analysis and proper procedures for offensive and defensive strategies and tactics.</p> <p>Students' drill/progression performance exams will be evaluated based on established track & field standards, effective oral communication skills, and highlighted main points with adequate supporting information.</p> <p>Objective examinations: Objective examinations will be used to test the student's mastery of the key principles and terminology applicable to the course's content.</p>
PEPP71,73	Work Experience: PE Professional Preparation	Jervey	<p>Written Homework: Assignments will be evaluated on: completion of assignments in a timely manner; thorough completion of assignments based on instructions given; signs of effort in completion of assignments.</p> <p>Skill demonstrations: Students will be required to demonstrate three (3) work-related objectives, which will illustrate occupational knowledge and/or improved occupational skills. Student's work related objectives will be evaluated by the employer and judged as to industry's standards. These standards are based on the quality and effort displayed in performance of the objectives.</p>