

**STUDENT LEARNING OUTCOMES  
PHYSICAL EDUCATION  
CABRILLO COLLEGE**

**PE 3 Introduction to College and Intercollegiate Athletics**

1. Evaluate the components of success in the classroom and in life.
2. Customize goal setting, time management, and personal planning to success in the classroom.

**PE 7 Human Performance and Sports Nutrition**

1. Anticipate the dominant energy system functioning in an athletic event and the associated energy source.
2. Analyze and critique personal dietary, hydration, and supplementation needs required before, during, and after exercise.

**PE 8 Weight Control**

1. Analyze and compare how the program components of exercise, nutrition, and behavioral modification work in a synergistic manner to create successful weight management.
2. Customize the principles of exercise, nutrition, and behavioral modification to create a long term sustainable healthy lifestyle.

**PE 9 Introduction to Physical Education**

1. Analyze current issues in Physical Education.
2. Evaluate career options in Physical Education and customize career goals as they relate to Physical Education.

**PE 10 Introduction to Athletic Training**

1. Critically assess common athletic injuries and evaluate extent of soft tissue damage.
2. Develop plan of initial care, rehabilitation, and preventative care for common athletic injuries.

**PE 11L Introduction to Disabilities & Adaptive PE**

1. Perform with an increasing degree of proficiency the techniques and strategies of adaptive physical education.

**PE 11 Introduction to Disabilities and Adaptive Physical Education**

1. Critically assess the most appropriate activities for various degrees of disabilities.
2. Justify his/her philosophy for community mainstreaming of disabled adults in the workplace and education.
3. Analyze and customize principles of stability, ambulation, strength, and perceptual motor skill, and apply them by developing individualized education plans for twelve acquired or congenital conditions.

**PE 12A First Aid: Responding to Emergencies**

1. Assess an emergency situation for safety.
2. Qualify for Red Cross certification in Community CPR and Responding to Emergencies.
3. Perform life-saving skills of airway management, CPR, and use of the AED.

#### **PE 12B Community Cardio Pulmonary Resuscitation**

1. Assess an emergency situation for safety.
2. Qualify for Red Cross certification in Community CPR and Responding to Emergencies.
3. Perform life-saving skills of airway management, CPR, and use of the AED.

#### **PE 14 Advanced First Aid: Emergency Response**

1. Assess an emergency situation for safety.
2. Qualify for Red Cross certification in CPR for the Professional Rescuer and Emergency Response.
3. Perform basic life-saving skills including use of airway management tools, use of oxygen, two person CPR skills, rescue breathing, and use of AED.

#### **PE 20 Swimming**

1. Perform with an increasing degree of proficiency swimming techniques.

#### **PE 21 Swim Fitness**

1. Design a personal workout program applying fitness principles to produce desired training effects.
2. Perform with an increasing degree of proficiency competitive swimming strokes.

#### **PE 21AR Water Aerobics**

1. Perform with increasing degree of proficiency the skills of exercise in the water.
2. Design and maintain a personal cardiovascular training program.

#### **PE 23 Water Polo**

1. Perform with an increasing degree of proficiency the skills and strategies of water polo.

#### **PE 24 Lifeguard Training**

1. Assess an emergency situation for safety.
2. Qualify for Red Cross certification in Lifeguarding, Community CPR, and Responding to Emergencies.
3. Perform life-saving skills of airway management, CPR, and use of the AED.

#### **PE 31 Golf**

1. Perform with increasing degree of proficiency the full golf swing, the chip shot, and the putting stroke.

#### **PE 32B Golf Course Play**

1. Play golf according to established rules of golf and golf etiquette with an increasing degree of proficiency.

**PE 33 Gymnastics**

1. Perform with an increasing degree of proficiency the skills and techniques of men's and women's artistic gymnastics.

**PE 36 Tennis**

1. Perform with increased proficiency the skills, footwork, and strategy of tennis.

**PE 37 Hiking**

1. Demonstrate cardiovascular fitness improvement in a hiking environment involving the Santa Cruz Count Trail System.

**PE 39 Beginning Self-Defense for Women**

1. Perform with an increasing degree of proficiency basic self-defense skills, techniques, and strategies to defend oneself from attack.

**PE 40 Baseball**

1. Perform with an increasing degree of proficiency the offensive and defensive skills of baseball

**PE 41 Basketball**

1. Perform with an increasing degree of proficiency the offensive and defensive skills of basketball.

**PE 42 Football**

1. Perform with an increasing degree of proficiency the offensive and defensive skills of football.

**PE 42R Rugby**

1. Perform the offensive and defensive skills of rugby with an increasing degree of proficiency.

**PE 43 Soccer**

1. Perform with an increasing degree of proficiency the offensive and defensive skills of soccer.

**PE 43F Indoor Soccer-Futsal**

1. Perform with an increasing degree of proficiency the offensive and defensive skills of futsal.

**PE 44 Softball**

1. Perform with an increasing degree of proficiency the techniques and strategies of softball.

**PE 46 Core Performance – Be Your Own Trainer**

1. Analyze the principles of a functional approach to fitness and exercise.
2. Customize and apply functional fitness principles to activities of daily living through competitive sports training.
3. Design and implement a personal training program to address desired training outcomes.

**PE 46F Fit Camp**

1. Analyze the components comprising a complete fitness program.
2. Customize the training program to meet the individual's needs and ability.

**PE 45 Volleyball**

1. Perform with an increasing degree of proficiency the offensive and defensive skills of volleyball.

**PE 47 Sports Conditioning**

1. Analyze and customize principles of cardiovascular fitness, muscular strength, endurance, and flexibility, and apply them to prevent injury.

**PE 48 Total Fitness**

1. Demonstrate safe and appropriate use of resistance training and cardiovascular equipment.
2. Design and implement a personal training program applying fitness principles to produce desired training effects.

**PE 49 Ultimate Frisbee**

1. Perform with an increasing degree of proficiency the skills and strategies of ultimate frisbee.

**PE 51C Aerobic Fitness-Low Impact**

1. Design and implement a personal cardiovascular program based on desired training effects.

**PE 53 Weight Training**

1. Design and implement a strength training workout applying resistance principles to produce desired training effects.
2. Demonstrate safe and appropriate use of resistance training machines and free weights.

**PE 55 Hatha Yoga**

1. Perform with an increasing degree of proficiency yoga postures and breathing techniques.
2. Develop an increasing awareness of the link between the mind-body connection.

**PE 55 G Yoga Gyrokinesis®**

1. Perform movement or exercise that invigorates and re-educates the body to move with fluidity, relaxation, and power.

2. Develop an increasing awareness of spinal motion and its relationship to the body as a whole.

**PE 55 SR Yoga Stress Reduction**

1. Demonstrate physical postures, meditation, and breathing practices that reduce stress and promote relaxation.
2. Customize guidelines and skills for improved self-care, communication, relationships, behavior, and lifestyle based on yogic principles.

**PE 79A Women's Self-Defense Against Weapons**

1. Perform with an increasing degree of proficiency basic self-defense skills, techniques, and strategies to defend oneself from attacks involving weapons.