

ATHLETICS

When making your revisions during course review it is important to take a few extra minutes to review and reflect on your course and whether or not it still meets the current GE Plan A student learning outcomes for the area your course(s) are listed in. If you believe the course reflects the student learning outcomes, please re-affirm and give a rationale and several examples of how your course meets the student learning outcomes for your area of GE Plan A. Please do not cut copy and paste the student learning outcomes in as your rationale.

Below are the student learning outcomes for the courses in each of the areas your course(s) are listed on the current Ohlone College GE Plan A. If the course is in blue, you are not required to make the revision as this course is not primary in your department, you may work on it with some one from the primary area. If the course is in red you must review for both curriculum and GE.

Area V Physical Education/Wellness

Physical Education courses are activity based. Wellness courses are not necessarily activity based and have a focus on such topics as nutrition, stress management, weight management, fitness, and acupuncture. (Ohlone College definition)

A. Physical Education

Upon receipt of an associate degree from Ohlone College, a student will be able to:

1. Maintain a regular regimen of physical activity and/or exercise.
2. Demonstrate fundamental skills incorporating the rules and strategies of the activity.

COURSE	COURSE TITLE	DEGREES/CERTS
ATHL 100	Intercollegiate Experience	
ATHL 101A2	Functional Sports Performance	
ATHL 101A3	Functional Sports Performance	
ATHL 110A2	Sport Specific Training	
ATHL 110A3	Sport Specific Training	
ATHL 112A2	Advanced Strength Training	
ATHL 112A3	Advanced Strength Training	
ATHL 120A2	Cross Training for the Athlete	
ATHL 120A3	Cross Training for the Athlete	
ATHL 122A2	Progressive Weight Training	
ATHL 122A3	Progressive Weight Training	
ATHL 262	Coaching Volleyball	American Sign Language and Deaf Studies: AA Degree - Area of Emphasis Recreational Planning and/or Physical Education Methodology for Children
ATHL 264	Coaching Soccer	American Sign Language and Deaf Studies: AA Degree - Area of Emphasis Recreational Planning and/or Physical Education Methodology for Children
ATHL 265	Coaching Basketball	American Sign Language and Deaf Studies: AA Degree - Area of Emphasis Recreational Planning and/or Physical Education Methodology for Children
ATHL 266	Coaching Softball	American Sign Language and Deaf Studies: AA Degree - Area of Emphasis Recreational Planning and/or Physical Education Methodology for Children

ATHL 267	Coaching Baseball	American Sign Language and Deaf Studies: AA Degree - Area of Emphasis Recreational Planning and/or Physical Education Methodology for Children
ATHL 268	Coaching Tennis	
ATHL 380	Sports Injury Rehabilitation	