

Course SLOs aligned with Program SLOs

San Mateo CCCD

CAN Program - Kinesiology, Athletics, and Dance

Recognize and evaluate the importance of physical activity in leading a healthy, functional lifestyle and in creating or increasing a sense of well-being.

CAN Dept - Kinesiology, Athletics, and Dance

CAN DANC 220 - Conditioning for Dance Techniq

Course Outcomes:

- * aerobic test - Students will be able to perform three blocks of choreography without rest for 20 minutes (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * balance - Students will develop balance by standing on the ball of the foot on one leg for more than 1 minute (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Flexibility - Students will increase flexibility as required for dance. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 124 - Pilates Training

Course Outcomes:

- * Abdominal Muscles - Identify the layers of abdominal muscles and describe the primary action of each. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Breathing - Understand the action of the diaphragm during breathing and its effect on the contraction of the transverse abdominus. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Neutral Spine - Identify the shape of neutral spine and assign the correct name to the four main sections of spinal vertebrae. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Pilates Principles - Students will identify at least three Pilates principles. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Postural Deviation - Identify exercises to correct postural deviation. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 151 - Step Aerobics

Course Outcomes:

- * aerobic - Student will be able to perform at least of 30 minute continuous activity on the step. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Benefits - Students will describe three benefits of cardiovascular workout. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * CV system - Students will improve in the cardiovascular system. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 334 - Yoga

Course Outcomes:

- * benefits - student will identify three benefits of yoga (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * philosophy - students will explain the philosophy of yoga (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN KINE 245 - Principles/Techniques of Resistance, Balance, and Flexibility Training

Course Outcomes:

- * Balance - students will identify the three systems behind balance training: visual, vestibular and somatosensory (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Principles or Resistance Training - Students will identify the principles of resistance training. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * stretching exercise - students will select correct stretching exercise for a specific muscle (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN KINE 250 - Personal Trainer Prep:Anatomy & Physiology

Course Outcomes:

- * Action of muscle in an exercise - Students will identify and apply the correct muscle responsible for a certain action in a specific exercises. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Action of muscle. - Students will identify the correct muscle responsible for an assigned exercise (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Bones - Students will identify names of bones in the human body. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN KINE 251 - Personal Trainer: Health Appraisal and Exercise Prescription

Course Outcomes:

- * Aerobic Capacity - Students will know the exercise program recommendations to improve aerobic capacity for a healthy adult. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Flexibility - Students will design exercise program to improve flexibility for a healthy adult, (Created By CAN Dept - Kinesiology, Athletics, and Dance)

* Muscular Hypertrophy - Students will design exercise program to improve muscular hypertrophy. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

Exhibit interpersonal communication, cooperative relationships and social interaction within diverse and dynamic environments.

CAN Dept - Kinesiology, Athletics, and Dance

CAN DANC 125 - Beginning Salsa

Course Outcomes:

* etiquette - Demonstrate proper partner etiquette, and develop his/her own salsa dancing style (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN DANC 143 - Intermediate Ballet

Course Outcomes:

* jumps - student will be able to perform pa de bourre and jete jumps linking together with correct technique (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 112 - Cross Training

Course Outcomes:

* CV Fitness - Document cardiovascular fitness (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 117 - Fitn. Assessment/Conditioning

Course Outcomes:

* Goal - SLO 1) Students will identify a goal to improve fitness level. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 118 - Beginning Fitness Center

Course Outcomes:

* Body Composition - SLO 1) Students will demonstrate ability to assess own body composition (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 119 - Intermediate Fitness Center

Course Outcomes:

* Strength Training Program - SLO 1) Design a strength training program that incorporates all major muscle groups. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 123 - Cardio Pump Fitness

Course Outcomes:

* Fitness - SLO 1) Improve muscle strength (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 151 - Step Aerobics

Course Outcomes:

* aerobic - Student will be able to perform at least of 30 minute continuous activity on the step. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 153 - Soccer Conditioning

Course Outcomes:

* Fitness - SLO 1) Students will improve cardiovascular endurance, muscle strength and agility. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 210 - Individual Weight Conditioning

Course Outcomes:

* Fitness - SLO 1) Identify current fitness level and target various areas for improvement. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 332 - Stretching and Flexibility

Course Outcomes:

* Flexibility - SLO:1 Improve flexibility. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 680CG - Total Fitness Circuit Training

Course Outcomes:

* safe & effective usage - SLO 1) Student will demonstrate safe and effective use of resistance training equipment. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN INDV 161 - Beginning Golf

Course Outcomes:

* Stance, grip, swing - SLO 1) Demonstrate and apply knowledge of golf stance, grip, positioning, swing and follow through. (Created By CAN Dept -

Kinesiology, Athletics, and Dance)

CAN INDV 164 - Intermediate/Advanced Golf

Course Outcomes:

- * Golf etiquette - SLO 1) Demonstrate abilities to apply knowledge of etiquette of during a round of golf. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN INDV 166 - Expert Golf Training

Course Outcomes:

- * Etiquette - SLO 1) Demonstrate abilities to apply knowledge of the etiquette of competitive golf (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN TEAM 111 - Beginning Basketball

Course Outcomes:

- * Skills - SLO 1) Identify current fundamental skills of basketball play and develop individual skill improvement. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN TEAM 115 - Advanced Basketball

Course Outcomes:

- * Stance - SLO 1: Students will demonstrate an athletic stance with perfect balance. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN TEAM 141 - Beginning Soccer

Course Outcomes:

- * Basic skills of Soccer - SLO 1) Students will be able to demonstrate a proficiency of all the basic skills of soccer. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN TEAM 143 - Advanced Soccer

Course Outcomes:

- * Advanced skills - SLO 1) demonstrate a proficiency of the advanced skills of soccer (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN TEAM 148 - Indoor Soccer

Course Outcomes:

- * passing skills - SLO 1) Students will be able to demonstrate basic passing skills (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN VARS 154 - Varsity Soccer

Course Outcomes:

- * advanced defensive tactics - students will be able to demonstrate advanced defending tactics and skills (Created By CAN Dept - Kinesiology, Athletics, and Dance)

Analyze and understand the discipline of kinesiology to apply appropriate scientific and quantitative conclusions to physical activity.

CAN Dept - Kinesiology, Athletics, and Dance

CAN DANC 140 - Beginning Ballet

Course Outcomes:

- * Alignment - Students will demonstrate a ballet step with proper alignment. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN DANC 143 - Intermediate Ballet

Course Outcomes:

- * Ballet Step - Students will demonstrate an intermediate ballet step with proper alignment (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * jumps - student will be able to perform pa de bourre and jete jumps linking together with correct technique (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * pirouette - Perform a pirouette with correct foot technique, spotting and balance (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN DANC 220 - Conditioning for Dance Techniq

Course Outcomes:

- * aerobic test - Students will be able to perform three blocks of choreography without rest for 20 minutes (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * balance - Students will develop balance by standing on the ball of the foot on one leg for more than 1 minute (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Flexibility - Students will increase flexibility as required for dance. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN DANC 400 - Dance Production

Course Outcomes:

- * Analyze a Dance - Analyze specific choreography of a specific dance. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 151 - Step Aerobics

Course Outcomes:

- * aerobic - Student will be able to perform at least of 30 minute continuous activity on the step. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * CV system - Students will improve in the cardiovascular system. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN KINE 101 - Introduction to Kinesiology

Course Outcomes:

- * Career Preparation - Identify and further prepare for career options available within the field of kinesiology. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Sociocultural Factors - Analyze sociocultural factors, such as gender, race, age, and socioeconomic status, that influence participation in physical activity and exercise. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Survey of Subfields - Examine the various subfields or foundations in kinesiology, such as exercise science, biomechanics, sport psychology, sociology, sports medicine, and exercise physiology. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN KINE 250 - Personal Trainer Prep:Anatomy & Physiology

Course Outcomes:

- * Energy system - Students will describe the three main energy systems as they relate to exercise training. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN KINE 251 - Personal Trainer: Health Appraisal and Exercise Prescription

Course Outcomes:

- * Aerobic Capacity - Students will know the exercise program recommendations to improve aerobic capacity for a healthy adult. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Flexibility - Students will design exercise program to improve flexibility for a healthy adult, (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Muscular Hypertrophy - Students will design exercise program to improve muscular hypertrophy. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN KINE 308 - Introduction to Fitness-Related Injuries

Course Outcomes:

- * postural assessment - Assess proper standing posture and be able to recognize abnormalities from a lateral view using a plumb line. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * program design - Develop prudent athletic injury management and rehabilitation programs for the extremities. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Range of Motion Assessment - Perform three selected range of motion assessments. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

Demonstrate and improve fitness components along with alignment, body positioning, special awareness, or rhythm while performing exercise movements.

CAN Dept - Kinesiology, Athletics, and Dance

CAN DANC 125 - Beginning Salsa

Course Outcomes:

- * partner position - Demonstrate and maintain proper partner closed position, body placement, lead and follow (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * shine steps - Demonstrate beginning shine steps (also known as freestyle steps, no partner) (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN DANC 126 - Intermediate Salsa

Course Outcomes:

- * dance style - Demonstrate own salsa dancing style by choreographing and presenting intermediate dance pattern. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * final pattern - Demonstrate and maintain proper body placement, proper direction, and proper transitions of Final Pattern (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * intermediate shine steps - Demonstrate intermediate shine steps (also known as freestyle steps, no partner) (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN DANC 140 - Beginning Ballet

Course Outcomes:

- * Alignment - Students will demonstrate a ballet step with proper alignment. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Meaning of a Ballet Step - Students will explain the meaning of a ballet step. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Rhythm - Student will recognize the basic structure of music (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN DANC 143 - Intermediate Ballet

Course Outcomes:

- * Ballet Step - Students will demonstrate an intermediate ballet step with proper alignment (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * jumps - student will be able to perform pa de bourre and jete jumps linking together with correct technique (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * pirouette - Perform a pirouette with correct foot technique, spotting and balance (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN DANC 150 - Hip Hop

Course Outcomes:

- * hip hop movement - Demonstrate beginning hip-hop dance movement such as pop, lock step, break step, ball change and shuffle step. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Learning and performing a hip-hop dance - Students will perform a dance (sixteen counts of eight) learned throughout the semester. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Rhythm and counting on steps - Students will demonstrate counting full and half beats without music and perform hip-hop steps while counting. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN DANC 151 - Beginning Social Dance

Course Outcomes:

- * Dance step - Student will demonstrate a basic step with correct form, weight change and foot pattern without a partner. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Partner hold and form - Demonstrate a step with proper dance partner hold and form. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Rhythm - Student will demonstrate rhythmic accuracy (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN DANC 153 - Intermediate Social Dance

Course Outcomes:

- * arm usage - Student will demonstrate proper arm usage (styling) within dance (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * lead/follow - Student demonstrates lead/follow technique (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * step - Student will demonstrate an intermediate step with correct form and foot pattern. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN DANC 156 - Advanced Social Dance

Course Outcomes:

- * pattern/choreography - Student will be able to demonstrate a full dance choreography (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * step - Student will demonstrate advanced steps with correct form, weight change and foot pattern (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * styling - Students will demonstrate various dances with correct styling. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN DANC 205 - Beginning Jazz Dance

Course Outcomes:

- * Chase, Square, Pivot - Student will demonstrate chase, jazz square & pivot turn while traveling across floor. (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Isolations-Alignment - Student will demonstrate body isolations with proper body alignment (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Plie, releve, tendue - Students must demonstrate a plie, releve, & tendue (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN DANC 210 - Beginning/Intermediate Jazz

Course Outcomes:

- * choreography - Student will perform choreography taught in class (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * passe, grande plie & arabasque - Student will learn passe, grande plie & arabasque (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN DANC 215 - Intermediate Jazz

Course Outcomes:

- * Chainé turns - Student will learn chainé turns across the floor (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Choreography - Student will perform solo choreography taught in class (Created By CAN Dept - Kinesiology, Athletics, and Dance)
- * Counts of Eight - Student will choreograph 3 counts of eight to music. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN DANC 220 - Conditioning for Dance Techniq

Course Outcomes:

*Flexibility - Students will increase flexibility as required for dance. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN DANC 400 - Dance Production

Course Outcomes:

*Body Movement - Students will demonstrate a body movement based on the principles of choreography. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 112 - Cross Training

Course Outcomes:

*CV Fitness - Document cardiovascular fitness (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 117 - Fitn. Assessment/Conditioning

Course Outcomes:

*Goal - SLO 1) Students will identify a goal to improve fitness level. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 118 - Beginning Fitness Center

Course Outcomes:

*Body Composition - SLO 1) Students will demonstrate ability to assess own body composition (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 119 - Intermediate Fitness Center

Course Outcomes:

*Strength Training Program - SLO 1) Design a strength training program that incorporates all major muscle groups. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 123 - Cardio Pump Fitness

Course Outcomes:

*Fitness - SLO 1) Improve muscle strength (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 124 - Pilates Training

Course Outcomes:

*Posture - Evaluate "ideal posture" (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 153 - Soccer Conditioning

Course Outcomes:

*Fitness - SLO 1) Students will improve cardiovascular endurance, muscle strength and agility. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 210 - Individual Weight Conditioning

Course Outcomes:

*Fitness - SLO 1) Identify current fitness level and target various areas for improvement. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 332 - Stretching and Flexibility

Course Outcomes:

*Flexibility - SLO:1 Improve flexibility. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 334 - Yoga

Course Outcomes:

*Asana - Students will demonstrate a yoga pose "asana" with proper posture (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN FITN 680CG - Total Fitness Circuit Training

Course Outcomes:

*safe & effective usage - SLO 1) Student will demonstrate safe and effective use of resistance training equipment. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN INDV 161 - Beginning Golf

Course Outcomes:

*Stance, grip, swing - SLO 1) Demonstrate and apply knowledge of golf stance, grip, positioning, swing and follow through. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN INDV 164 - Intermediate/Advanced Golf

Course Outcomes:

* Golf etiquette - SLO 1) Demonstrate abilities to apply knowledge of etiquette of during a round of golf. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN INDV 166 - Expert Golf Training

Course Outcomes:

* Etiquette - SLO 1) Demonstrate abilities to apply knowledge of the etiquette of competitive golf (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN TEAM 111 - Beginning Basketball

Course Outcomes:

* Skills - SLO 1) Identify current fundamental skills of basketball play and develop individual skill improvement. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN TEAM 115 - Advanced Basketball

Course Outcomes:

* Stance - SLO 1: Students will demonstrate an athletic stance with perfect balance. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN TEAM 141 - Beginning Soccer

Course Outcomes:

* Basic skills of Soccer - SLO 1) Students will be able to demonstrate a proficiency of all the basic skills of soccer. (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN TEAM 143 - Advanced Soccer

Course Outcomes:

* Advanced skills - SLO 1) demonstrate a proficiency of the advanced skills of soccer (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN TEAM 148 - Indoor Soccer

Course Outcomes:

* passing skills - SLO 1) Students will be able to demonstrate basic passing skills (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN VARS 154 - Varsity Soccer

Course Outcomes:

* advanced defensive tactics - students will be able to demonstrate advanced defending tactics and skills (Created By CAN Dept - Kinesiology, Athletics, and Dance)

Demonstrate professional and ethical decision-making and civic responsibility when applying knowledge of kinesiology.

CAN Dept - Kinesiology, Athletics, and Dance

CAN DANC 400 - Dance Production

Course Outcomes:

* Lighting - Students will identify the lighting and technical aspects of the performance (Created By CAN Dept - Kinesiology, Athletics, and Dance)