

# Outcomes Mapping

## KINESIOLOGY DIVISION

Program:	Fitness Specialist	# Courses: (if applicable)	7	Updated:	6/25/2015	Submitted by:	Chris Jackson
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**Institutional Level Outcomes (ILOs):** *As a result of an educational experience with any aspect of the college, students will develop the following knowledge, skills, abilities, and attitudes:*

1. Communication		2. Critical Thinking		3. Information and Technology Literacy		4: Personal, Social, Civic, and Environmental Responsibility			
Connect PLOs with an <b>I, P, or M</b> (see Key in Footer) identifying the level to which knowledge or a skill can be demonstrated following the completion of the program or educational experience.						PLO to ILO Alignment			
PLO Name	PLO Defined: Upon successful completion of this program, students will be able to:					1	2	3	4
1. Program Design	Design a 6- 12 month exercise program based on clients current fitness level and abilities and thir current fitness goals.					P	P	P	
2. Anatomy Physiology	Demonstrate a knowledge of the structure and function of exercising muscle.						P		
3. Training Principles	Demonstrate a working knowledge and practical application of General principles of training as applied to, Reistance training programs, Aerobic and anaerobic power training programs.						P		
4. Fitness Assessment	Demonstrate the ability to assess muscular strength , aerobic fitness anaerobic power using safe and accepted protocols.					P	P	P	
5. Applied Kinesiology	Describe primary functions and movement patters of muscles joints during specific exercises in rder to give appropriate feedback as to the proper execution of an exercise.					P	P		
6. Teaching Technique	Use appropriate verbal and non verbal communication to coach and motivate individuals in their exercise program.					P			
7. Nutrition	Describe basic nutrition concepts as they relate to performance, sport and a healthy lifestyle.						P		
8. Safety	Demonstrate the ability to monitor client’s safety in a gym environment and respond to potential risks and or hazards.					P			
9. Legal and ethical issues	Demonstrate a knowledge of ethical and legal issues faced by a personal trainer.					P	P		P
10. Exercise and it’s role in preventing disease and obesity	Demonstrate a knowledge of various types of cardiovascular disease and the pathology it has on the body. Understand how exercise can be used to prevent a disease and obesity to better quality of life for an individual.					P	P		P

See the Outcomes Assessment website for definitions and examples of Mt. SAC's ILOs: <http://www.mtsac.edu/instruction/outcomes/ilos.html>

Key for Level of Learning

(Use for Mapping SLOs/MOs to PLOs to ILOs)

I = Knowledge/Skill Introduced

P = Knowledge/Skill Practiced/Applied

M = Knowledge/Skill Mastered

# Outcomes Mapping

Student Learning Outcomes (SLOs), Measureable Objectives (MOs), Administrative Unit Objectives (AUOs)														
Course: NF 10, or 15 or 25	Connect Outcomes with an <b>I, P, or M</b> (see Key in Footer) identifying the level to which knowledge or a skill can be demonstrated in that portion of the course or service.													
SLOs, MOs, AUOs	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	ILO 1	ILO 2	ILO 3	ILO 4
Describe basic nutrition concepts as they relate to performance, sport and a healthy lifestyle.	I						I				P			
Design a nutrition program for an individual for weight management. (Weight loss, Lean weight gain, maintenance, athletic performance)	I						I				P	P		
Describe the importance of hydration in performance.							I	I			P	P		

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Student Learning Outcomes (SLOs), Measureable Objectives (MOs), Administrative Unit Objectives (AUOs)														
<b>Course: KIN 15</b>	Connect Outcomes with an I, P, or M (see Key in Footer) identifying the level to which knowledge or a skill can be demonstrated in that portion of the course or service.													
SLOs, MOs, AUOs	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	ILO 1	ILO 2	ILO 3	ILO 4
Demonstrate the ability to monitor client's safety in a gym environment and respond to potential risks and or hazards.								P	P		P	P		P
Understand the legal responsibilities of a personal trainer.								I				P		I
Describe how to respond to breathing or cardiac emergencies in a personal training session.								P				P		I

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Student Learning Outcomes (SLOs), Measureable Objectives (MOs), Administrative Unit Objectives (AUOs)														
Course: KIN 24	Connect Outcomes with an I, P, or M (see Key in Footer) identifying the level to which knowledge or a skill can be demonstrated in that portion of the course or service.													
SLOs, MOs, AUOs	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	ILO 1	ILO 2	ILO 3	ILO 4
Demonstrate an understanding of cardinal planes of motion and corresponding axis of rotation.		P			P						P	P		
Demonstrate understanding of 3 classes of levers found in the human body.		P			P						P	P		
Assess an individuals current fitness level including strength and cardiovascular fitness			P	P							P			

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Student Learning Outcomes (SLOs), Measureable Objectives (MOs), Administrative Unit Objectives (AUOs)														
<b>Course: KIN 38</b>	Connect Outcomes with an I, P, or M (see Key in Footer) identifying the level to which knowledge or a skill can be demonstrated in that portion of the course or service.													
SLOs, MOs, AUOs	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	ILO 1	ILO 2	ILO 3	ILO 4
Students will understand the contraindications relating to exercise testing an individual with disease.	P									P	P	P		I
Demonstrate a knowledge of various types of cardiovascular disease and the pathology it has on the body. Understand how exercise can be used to prevent a disease and obesity to better quality of life for an individual.	P									P	P	P		I

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Student Learning Outcomes (SLOs), Measureable Objectives (MOs), Administrative Unit Objectives (AUOs)														
<b>Course: KIN 39</b>	Connect Outcomes with an I, P, or M (see Key in Footer) identifying the level to which knowledge or a skill can be demonstrated in that portion of the course or service.													
SLOs, MOs, AUOs	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	ILO 1	ILO 2	ILO 3	ILO 4
Students will be able to define muscular strength.	P		P											
Demonstrate a functional ability to measure blood pressure correctly.	P					P								

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Student Learning Outcomes (SLOs), Measureable Objectives (MOs), Administrative Unit Objectives (AUOs)														
Course: KIN 40	Connect Outcomes with an I, P, or M (see Key in Footer) identifying the level to which knowledge or a skill can be demonstrated in that portion of the course or service.													
SLOs, MOs, AUOs	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6	PLO 7	PLO 8	PLO 9	PLO 10	ILO 1	ILO 2	ILO 3	ILO 4
Demonstrate an understanding of the cardiovascular system and how it functions during exercise.	P		P	P		P					P	P		
Demonstrate the ability to teach strength training exercises with corrective feedback when necessary	P		P	P		P					P	P		

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