

Course SLOs aligned with Program SLOs

San Mateo CCCD

CAN Institutional SLOs

Select, evaluate, and use information to investigate a point of view, support a conclusion, or engage in problem solving.

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:

- * Rhythm - Student will recognize the basic structure of music (Created By CAN Dept - Kinesiology, Athletics, and Dance)

CAN DANC 150 - Hip Hop

Course Outcomes:

- * 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)

CAN DANC 151 - Beginning Social Dance

Course Outcomes:

- * Rhythm - Student will demonstrate rhythmic accuracy (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)

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)

CAN DANC 215 - Intermediate Jazz

Course Outcomes:

- * 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 400 - Dance Production

Course Outcomes:

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

* Lighting - Students will identify the lighting and technical aspects of the performance (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)

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

Course Outcomes:

* stretching exercise - students will select correct stretching exercise for a specific muscle (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)

Produce, combine, or synthesize ideas in creative ways within or across disciplines.

No Course Outcomes related to this ISLO.

Use language to effectively convey an idea or a set of facts, including the accurate use of source material and evidence according to institutional and discipline standards.

CAN Dept - Kinesiology, Athletics, and Dance

CAN DANC 140 - Beginning Ballet

Course Outcomes:

* Meaning of a Ballet Step - Students will explain the meaning of a ballet step. (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 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:

*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 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 KINE 101 - Introduction to Kinesiology

Course Outcomes:

*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 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)

Understand and interpret various points of view that emerge from a diverse world of peoples and cultures.

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 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)

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 334 - Yoga

Course Outcomes:

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

CAN KINE 101 - Introduction to Kinesiology

Course Outcomes:

- * 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)

Represent complex data in various mathematical forms (e.g., equations, graphs, diagrams, tables, and words) and analyze these data to draw appropriate conclusions.

CAN Dept - Kinesiology, Athletics, and Dance

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