

Exercise Science		Course to Program Map					
Program Outcomes: Upon completion of the program, graduates will be able to...	Institutional Skills	identify the fundamental principles of healthful living, as applied to physical, mental, and community life.	apply the proper emergency treatment techniques for injuries, wounds, hemorrhage, burns, and poisoning.	discuss prevention and treatment of common injuries.	summarize the nutritional requirements of humans and how to make better nutritional choices.	outline potential occupations, subdisciplines, and the evolution of the field of exercise science.	describe the physiological, anatomical and mechanical systems of the human body and how the body systems adapt to physical activity.
Courses							
HPER 106 Health Education	345	IR	I	I	R	I	I
HPER 107 Substance Abuse	45	IR	I	IR		I	IRMA
HPER 109 First Aid	12345	I	IRMA	RMA			I
HPER 115 Nutrition	135	IR			IRMA		IRMA
HPER 121 Lifetime Fitness	5	IRMA		I	I		IR
HPER 180 Theories & Techniques of Football	3			I			I
HPER 191 Fundamentals of Weightlifting 1		I		I			I
HPER 192 Fundamentals of Weightlifting 2		R		R			R
HPER 201 Introduction to Community Recreation	345	IR				I	
HPER 202 Outdoor Recreation	345	IR				IR	
HPER 203 Recreation for Special Populations	345	IR				IR	
HPER 211 Prevention and Care	12345	I		IRMA		I	IR
HPER 212 Athletic Training Practicum	12345			IR			I
HPER 250 Introduction to Sports Administration	1345	I				I	
HPER 281 Introduction to Exercise Science	13	I				RMA	I
HPER 290 Psychology of Coaching	2345	I		I		I	IR
HPER 291 History of Sport and PE	34	I		I		IR	R

Mapping	
I	Introduced
R	Reinforced
M	Mastered
A	Assessed/Artifact

Essential Skills	
1	written communication
2	oral communication
3	critical thinking
4	cultural diversity
5	social responsibility

HPER 106 Health Education	Curriculum Map					
Program Outcomes	identify the fundamental principles of healthful living, as applied to physical, mental, and community life.	apply the proper emergency treatment techniques for injuries, wounds, hemorrhage, burns, and poisoning.	discuss prevention and treatment of common injuries.	summarize the nutritional requirements of humans and how to make better nutritional choices.	outline potential occupations, disciplines, and the evolution of the field of exercise science.	describe the physiological, anatomical and mechanical systems of the human body and how the body systems adapt to physical activity.
Course SLO: Students will be able to						
gather, analyze and utilize information to make decisions that promote personal and community health and wellness.	R		I	R		
differentiate among dimensions of wellness as they apply to overall health.	I					
demonstrate the knowledge and skills for developing personal responsibility in health choices and quality of life.	R	I	I	R		I
recognize the importance of demographic diversity as it applies to health and wellness issues.	R			R	I	

HPER 107 Substance Abuse	Curriculum Map					
Program Outcomes	identify the fundamental principles of healthful living, as applied to physical, mental, and community life.	apply the proper emergency treatment techniques for injuries, wounds, hemorrhage, burns, and poisoning.	discuss prevention and treatment of common injuries.	summarize the nutritional requirements of humans and how to make better nutritional choices.	outline potential occupations, subdisciplines, and the evolution of the field of exercise science.	describe the physiological, anatomical and mechanical systems of the human body and how the body systems adapt to physical activity.
Course SLO: Students will be able to						
understand the history of drugs and their origins.	I		I			
describe the different categories of drugs including levels of severity in regards to addiction and potential overdose, speed of action, mode of use, and gateway potential.	R	I				R
be able to define/discuss substance abuse, tolerance, and withdrawal symptoms.		I				MA
discuss medications used to treat mental disorders and other medical issues including possible uses of illegal drugs in treatment.			R			I
describe prevention methods and trends			I			
explain treatment programs and options including levels of success.	I				I	
provide academic arguments for current issues in regards to substance use and abuse.	I					

HPER 109 First Aid	Curriculum Map					
Program Outcomes	identify the fundamental principles of healthful living, as applied to physical, mental, and community life.	apply the proper emergency treatment techniques for injuries, wounds, hemorrhage, burns, and poisoning.	discuss prevention and treatment of common injuries.	summarize the nutritional requirements of humans and how to make better nutritional choices.	outline potential occupations, subdisciplines, and the evolution of the field of exercise science.	describe the physiological, anatomical and mechanical systems of the human body and how the body systems adapt to physical activity.
Course SLO: Students will be able to						
recognize an emergency, assess the scene and develop an appropriate plan of action	I	MA				I
demonstrate the knowledge and skills necessary to provide emergency assistance in cases such as choking, rescue breathing, CPR and the use of AED for adults, children, and infants.	I	IR	MA			I
demonstrate and explain how to provide care for life-threatening emergencies including breathing, shock, head and spinal injuries, sudden illness, stroke, soft tissues and musculoskeletal injuries.						
identify and describe how to respond effectively to a variety of environmental, man-made and/or national security emergencies.	I	R	R			

HPER 115 Nutrition	Curriculum Map					
Program Outcomes	identify the fundamental principles of healthful living, as applied to physical, mental, and community life.	apply the proper emergency treatment techniques for injuries, wounds, hemorrhage, burns, and poisoning.	discuss prevention and treatment of common injuries.	summarize the nutritional requirements of humans and how to make better nutritional choices.	outline potential occupations, subdisciplines, and the evolution of the field of exercise science.	describe the physiological, anatomical and mechanical systems of the human body and how the body systems adapt to physical activity.
Course SLO: Students will be able to						
identify the six classes of nutrients and their sources.	I			I		
demonstrate an understanding of the processes of digestion, absorption, and metabolism of nutrients.						MA
employ available resources to make sound nutritional choices.	R			R		
explain energy balance and weight control as it relates to nutrition and wellness.				I		IR
describe nutritional needs throughout the lifespan.	R			MA		
recognize global food safety, security, and sustainability issues.	I			I		

HPER 121 Lifetime Fitness	Curriculum Map					
Program Outcomes	identify the fundamental principles of healthful living, as applied to physical, mental, and community life.	apply the proper emergency treatment techniques for injuries, wounds, hemorrhage, burns, and poisoning.	discuss prevention and treatment of common injuries.	summarize the nutritional requirements of humans and how to make better nutritional choices.	outline potential occupations, subdisciplines, and the evolution of the field of exercise science.	describe the physiological, anatomical and mechanical systems of the human body and how the body systems adapt to physical activity.
Course SLO: Students will be able to						
Distinguish between the five components of physical fitness.	MA					R
Classify specific exercises into the appropriate component of physical fitness.						I
Differentiate between the many forms of assessment necessary to begin and maintain an exercise program.	I					
Complete an anthropometric assessment on themselves or a potential client.						I
Calculate and distinguish between %HRR, %HRmax, and VO2 as ways to measure exercise intensity.						I
Identify both the physiologic and long-term body adaptations to exercise training.			I			I
Classify specific foods into the appropriate nutrient classification.				I		
Explain how exercise is a fundamental component of stress relief.	R					
Design comprehensive exercise and diet plan for themselves and a potential client.	I					
Design comprehensive exercise and diet plan tailored to meet the specific needs of a client or a potential client.						I

HPER 180 Theories & Techniques of Football	Curriculum Map					
Program Outcomes	identify the fundamental principles of healthful living, as applied to physical, mental, and community life.	apply the proper emergency treatment techniques for injuries, wounds, hemorrhage, burns, and poisoning.	discuss prevention and treatment of common injuries.	summarize the nutritional requirements of humans and how to make better nutritional choices.	outline potential occupations, subdisciplines, and the evolution of the field of exercise science.	describe the physiological, anatomical and mechanical systems of the human body and how the body systems adapt to physical activity.
Course SLO: Students will be able to						
analyze the methods and strategies of different offensive systems						
evaluate the methods and strategies of different offensive systems.						
analyze the methods and strategies of different defensive systems.						
evaluate the methods and strategies of different defensive systems.						
apply the methods and strategies of offensive and defensive football to on-the field situations.			I			I

HPER 191 Fundamentals of Weightlifting 1	Curriculum Map					
Program Outcomes	identify the fundamental principles of healthful living, as applied to physical, mental, and community life.	apply the proper emergency treatment techniques for injuries, wounds, hemorrhage, burns, and poisoning.	discuss prevention and treatment of common injuries.	summarize the nutritional requirements of humans and how to make better nutritional choices.	outline potential occupations, subdisciplines, and the evolution of the field of exercise science.	describe the physiological, anatomical and mechanical systems of the human body and how the body systems adapt to physical activity.
Course SLO: Students will be able to						
demonstrate a variety of basic weightlifting exercises specific to training the body's major muscle groups.						I
demonstrate the ability to complete a basic full body weightlifting workout as designed by the course instructor.	I					I
demonstrate proper weightlifting form and technique to ensure maximum safety.			I			
demonstrate proper weightlifting form and techniques to ensure maximum benefits.						I



HPER 192 Fundamentals of Weighlifting 2	Curriculum Map					
Program Outcomes	identify the fundamental principles of healthful living, as applied to physical, mental, and community life.	apply the proper emergency treatment techniques for injuries, wounds, hemorrhage, burns, and poisoning.	discuss prevention and treatment of common injuries.	summarize the nutritional requirements of humans and how to make better nutritional choices.	outline potential occupations, subdisciplines, and the evolution of the field of exercise science.	describe the physiological, anatomical and mechanical systems of the human body and how the body systems adapt to physical activity.
Course SLO: Students will be able to						
demonstrate a variety of basic weightlifting exercises specific to training the body's major muscle groups.						R
demonstrate the ability to complete a basic full body weightlifting workout as designed by the course instructor.	R					R
demonstrate proper weightlifting form and technique to ensure maximum safety.			R			
demonstrate proper weightlifting form and techniques to ensure maximum benefits.						R

HPER 201 Introduction to Community Recreation	Curriculum Map					
Program Outcomes	identify the fundamental principles of healthful living, as applied to physical, mental, and community life.	apply the proper emergency treatment techniques for injuries, wounds, hemorrhage, burns, and poisoning.	discuss prevention and treatment of common injuries.	summarize the nutritional requirements of humans and how to make better nutritional choices.	outline potential occupations, subdisciplines, and the evolution of the field of exercise science.	describe the physiological, anatomical and mechanical systems of the human body and how the body systems adapt to physical activity.
Course SLO: Students will be able to						
demonstrate an understanding of what characteristics an activity must have in order to classify it as recreation or leisure.	I					
describe the major events in the history of the modern recreation movement.					I	
evaluate how historical events shaped the modern recreation and leisure paradigm.	I					
classify the ideas that shaped education, recreation, and leisure into one of the major philosophical paradigms.	I					
distinguish between and understand the characteristics of each of primary recreation and leisure delivery systems.						
differentiate between the characteristics of public recreation and all other delivery systems.	I				I	
the differentiate between the funding models between public reaction and other delivery systems.						
identify the Federal laws associated with providing recreational opportunities to all members of a community.					I	
demonstrate an understanding of the philosophy and purpose behind therapeutic recreation.						
analyze the changing recreation and leisure needs a person experiences across a lifetime.	R					

HPER 202 Outdoor Recreation	Curriculum Map					
Program Outcomes	identify the fundamental principles of healthful living, as applied to physical, mental, and community life.	apply the proper emergency treatment techniques for injuries, wounds, hemorrhage, burns, and poisoning.	discuss prevention and treatment of common injuries.	summarize the nutritional requirements of humans and how to make better nutritional choices.	outline potential occupations, subdisciplines, and the evolution of the field of exercise science.	describe the physiological, anatomical and mechanical systems of the human body and how the body systems adapt to physical activity.
Course SLO: Students will be able to						
demonstrate an understanding of what characteristics an activity must have in order to classify it as recreation or leisure.	I					
describe the major events in the history that played a role in the modern outdoor recreation paradigm.	I					
describe the primary trends that have occurred in the area of outdoor recreation.					I	
evaluate an activity to determine its benefit to the wellness of an individual completing it.	R					
evaluate demographic characteristics associated with specific outdoor recreational activities.						
distinguish between the different governing agencies providing outdoor recreational opportunities.					R	
differentiate between the characteristics of public recreation and all other delivery systems.					I	

HPER 203 Recreation for Special Populations	<i>Curriculum Map</i>					
Program Outcomes	identify the fundamental principles of healthful living, as applied to physical, mental, and community life.	apply the proper emergency treatment techniques for injuries, wounds, hemorrhage, burns, and poisoning.	discuss prevention and treatment of common injuries.	summarize the nutritional requirements of humans and how to make better nutritional choices.	outline potential occupations, subdisciplines, and the evolution of the field of exercise science.	describe the physiological, anatomical and mechanical systems of the human body and how the body systems adapt to physical activity.
Course SLO: Students will be able to						
identify and become conscious of the appropriate use of strategies for people with disabilities and diverse communication skills.	R					
learn how inclusion strategies work within specific recreation types of programming.	I				I	
demonstrate an understanding of what characteristics an activity must have in order to classify it as recreation or leisure.						
describe the major events in the history that played a role in the modern outdoor recreation paradigm.					R	
describe the primary trends that have occurred in the area of outdoor recreation.					I	
evaluate an activity to determine its benefit to the wellness of an individual completing it.	R					

HPER 211 Prevention & Care	Curriculum Map					
Program Outcomes	identify the fundamental principles of healthful living, as applied to physical, mental, and community life.	apply the proper emergency treatment techniques for injuries, wounds, hemorrhage, burns, and poisoning.	discuss prevention and treatment of common injuries.	summarize the nutritional requirements of humans and how to make better nutritional choices.	outline potential occupations, subdisciplines, and the evolution of the field of exercise science.	describe the physiological, anatomical and mechanical systems of the human body and how the body systems adapt to physical activity.
Course SLO: Students will be able to						
describe the rationale for and demonstrate basic skills in the application of taping, splinting, and bracing for common musculoskeletal injuries.			MA			
recognize signs and symptoms for common injuries and life-threatening conditions and the associated evaluation, diagnostic techniques and acute treatment for these conditions.			R			I
develop an understanding of basic methods and techniques to prevent acute athletic injuries and/or chronic conditions.			I			R
demonstrate knowledge of the steps of emergency preparedness as it relates to life-threatening illnesses and conditions and develop a proper plan of action.						
develop a basic understanding of the etiology, nature and severity of basic athletic injuries.			I			I
describe the roles and responsibilities of the various individuals who comprise the sports medicine team.	I				I	

HPER 212 Athletic Training Practicum	Curriculum Map					
Program Outcomes	identify the fundamental principles of healthful living, as applied to physical, mental, and community life.	apply the proper emergency treatment techniques for injuries, wounds, hemorrhage, burns, and poisoning.	discuss prevention and treatment of common injuries.	summarize the nutritional requirements of humans and how to make better nutritional choices.	outline potential occupations, subdisciplines, and the evolution of the field of exercise science.	describe the physiological, anatomical and mechanical systems of the human body and how the body systems adapt to physical activity.
<b>Course SLO: Students will be able to</b>						
demonstrate evaluation techniques of various programs						
demonstrate working knowledge of modalities at GCCC.						I
run injured athletes through rehabilitation programs.			R			I
properly fit all brands of football helmets and shoulder pads and other required sports equipment.						
demonstrates competency in emergency care.			I			
apply knowledge of Cryotherapy techniques.			I			
demonstrate the DAPRE rehabilitation program.						
fill out all athletic training records accurately and completely.						
enter all data into the computer and interpret statistical data reports.						
enforce and follow all training policie						
show initiative while working in the training room.						
demonstrate a professional working relationship with athletes, coaches, and administrators.						
assist in general cleaning and training room maintenance.						
become competent in taping athletic injuries.						

HPER 250 Introduction to Sports Administration	Curriculum Map					
Program Outcomes	identify the fundamental principles of healthful living, as applied to physical, mental, and community life.	apply the proper emergency treatment techniques for injuries, wounds, hemorrhage, burns, and poisoning.	discuss prevention and treatment of common injuries.	summarize the nutritional requirements of humans and how to make better nutritional choices.	outline potential occupations, subdisciplines, and the evolution of the field of exercise science.	describe the physiological, anatomical and mechanical systems of the human body and how the body systems adapt to physical activity.
Course SLO: Students will be able to						
demonstrate fundamental knowledge of the concepts of administration and leadership and describe the various skills, roles, and functions of sport administrators.						
apply fundamental marketing concepts to the sport industry, understand the uniqueness of the sport product, and the unique aspects of sport consumer and sport product markets.						
explain the importance of budget and finance to sport-related industries and evaluate micro- and macro-economic principles as they related to the sport industry.						
explain legal concepts within the sport workplace, understand basic risk management issues applied to the conduct of sport, and evaluate the role of sport governing bodies including their authority, organizational structure, and functions.						
apply foundational principals of public relations and mass communication to the sports setting.						
explain and apply the principals of successfully planning and managing a sporting event.						
apply the principals of facility management to a sports venue.						

HPER 281 Introduction to Exercise Science	<i>Curriculum Map</i>					
Program Outcomes	identify the fundamental principles of healthful living, as applied to physical, mental, and community life.	apply the proper emergency treatment techniques for injuries, wounds, hemorrhage, burns, and poisoning.	discuss prevention and treatment of common injuries.	summarize the nutritional requirements of humans and how to make better nutritional choices.	outline potential occupations, subdisciplines, and the evolution of the field of exercise science.	describe the physiological, anatomical and mechanical systems of the human body and how the body systems adapt to physical activity.
Course SLO: Students will be able to						
describe the evolution of the field of Exercise Science.	I				R	I
explain and identify the basic body systems and their functions.	I					I
identify certifications, professional and career opportunities in the field of Exercise Science.					MA	
distinguish between the sub-disciplines of Exercise Science.					MA	



HPER 290 Psychology of Coaching	Curriculum Map					
Program Outcomes	identify the fundamental principles of healthful living, as applied to physical, mental, and community life.	apply the proper emergency treatment techniques for injuries, wounds, hemorrhage, burns, and poisoning.	discuss prevention and treatment of common injuries.	summarize the nutritional requirements of humans and how to make better nutritional choices.	outline potential occupations, subdisciplines, and the evolution of the field of exercise science.	describe the physiological, anatomical and mechanical systems of the human body and how the body systems adapt to physical activity.
Course SLO: Students will be able to						
understand the logistics involved in the coaching profession (scheduling, budgeting, recruiting, scouting, film analysis, practice/game management, training programs, etc.).	I					
describe their own coaching philosophy.					I	
explain how learning plays and important role in sports/athletics and discuss what techniques they would implement as a coach.						I
discuss major ethical issues currently prominent in sports as well as those from the past that have impacted coaching and sports (drug abuse, winning at all costs, discipline, violence, etc.).						
understand the different aspects of sport psychology (motivation, emotion, mental training, stress, burnout, etc.) and how to utilize those concepts in a coaching environment.						R
describe different personality traits and how those affect the coach/athlete relationship including an understanding of his/her own personality.	I				I	
explain the needs at different levels of coaching.					I	
discuss issues in sports/coaching regarding culture, diversity, gender, age, etc.			I			

HPER 291 History of Sports and PE	Curriculum Map					
Program Outcomes	identify the fundamental principles of healthful living, as applied to physical, mental, and community life.	apply the proper emergency treatment techniques for injuries, wounds, hemorrhage, burns, and poisoning.	discuss prevention and treatment of common injuries.	summarize the nutritional requirements of humans and how to make better nutritional choices.	outline potential occupations, subdisciplines, and the evolution of the field of exercise science.	describe the physiological, anatomical and mechanical systems of the human body and how the body systems adapt to physical activity.
Course SLO: Students will be able to						
demonstrate an understanding of how philosophy and the progression of thinking have shaped society's modern view of Physical Education, Exercise, and Sport Science.	I				R	
demonstrate an understanding of how the history of physical education, exercise, and sport helped shaped the current paradigms and models.	I					
recognize the many different disciplines, fields of study, and career opportunities that fall under the umbrella of Physical Education, Exercise, and Sport Science.					I	
recognize and demonstrate understanding of key issues and concepts in the areas of motor learning, biomechanics, exercise physiology, sport sociology, sport and exercise psychology, and physical education pedagogy.			I			R
demonstrate an understanding of the issues, challenges, and potential future trends of physical education, exercise, and sport sciences.	I					