

**NORCO COLLEGE
SLO to PLO MATRIX**

NORCO COLLEGE SLO to PLO MATRIX		PLOs		
		PLO 1: Demonstrate understanding of the impact life choices have on overall human health and apply this knowledge to maintain healthful living appropriate to the situation.	PLO 2: Recognize the positive impact of physical activity in fostering optimal health and apply this knowledge to lifestyle choices.	PLO 3: Recognize and understand the role of individual decision-making processes to the development of strategies concerning personal health and wellness.
CERTIFICATE/PROGRAM:	KINESIOLOGY, HEALTH AND WELLNESS			
COURSE:	AMY-10			
SLO 1	Discuss the structure and function of cellular structures, cellular transport processes, and the cell cycle.			
SLO 2	Identify basic chemical principles as they relate to anatomy and physiology.			
SLO 3	Demonstrate a basic understanding of the levels of structural organization, the relationship between various systems of the body, and the importance of homeostasis.	X		X
SLO 4	Use appropriate anatomical and physiological terminology when discussing structures, regions, principles and relationships.			
SLO 5	Describe the characteristics of each of the four basic tissue types and be able to categorize the various tissues of the human body into one of the four tissue types.			
SLO 6	State the major functions and organs of each system of the human body and demonstrate a basic understanding of physiology significant to each system.			
COURSE:	AMY-2A			
SLO 1	Use appropriate anatomical and physiological terminology in discussing principles and relationships;			
SLO 2	Properly operate a compound light microscope;			
SLO 3	Complete basic mathematical tasks including metric conversions;			
SLO 4	Identify and discuss basic chemical principles as they relate to anatomy and physiology. A thorough discussion would include topics such as atomic structure, ions, organic and inorganic compounds, pH, buffers, acids, bases.			
SLO 5	Discuss the structure and function of cellular structures and cellular transport processes;			
SLO 6	Discuss the structure and function of the four basic adult tissue types			
SLO 7	Discuss the structure of skin, including important accessory structures			
SLO 8	Discuss the structure and function of bone at a chemical, microscopic, and macroscopic level;			
SLO 9	Discuss bone formation, growth, and repair;			
SLO 10	Identify all of the bones of the body and their major markings;			
SLO 11	Discuss the structure and function of skeletal, cardiac, and smooth muscle;		X	
SLO 12	Discuss skeletal muscle contraction from the events associated with the somatic motor neuron through the recocking of the myosin heads;			

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SLO 13	Identify the major muscles of the body and state their points of attachment and actions;			
SLO 14	Discuss the structure and function of the eye and the ear.			
SLO 15	Identify and discuss basic clinical disorders, diseases, and applications, associated with each topic.	X		X
SLO 16	Integrate principles from different systems and critically evaluate clinical problems.			
COURSE: AMY-2B				
SLO 1	Use appropriate terminology in discussing anatomical and physiological principles and relationships pertaining to the course subject matter;			
SLO 2	Properly operate a compound light microscope;			
SLO 3	Describe the structure and function of the endocrine system;			
SLO 4	Describe the structure and function of the cardiovascular system;			
SLO 5	Describe the structure and function of the respiratory system;			
SLO 6	Describe the structure and function of the urinary system;			
SLO 7	Describe the structure and function of the digestive system;			
SLO 8	Describe the structure and function of the reproductive system;			
SLO 9	Identify and discuss basic clinical disorders, diseases, and applications, associated with each topic.	X		
SLO 10	Integrate principles from different systems and critically evaluate clinical problems.			
COURSE: BIO-30				
SLO 1	Describe the components of human sexuality.	X		X
SLO 2	Explain the purpose of the major ethical principles that guide sexuality research, practice and education.	X		X
SLO 3	Distinguish gender similarities and differences and the impact they have on roles, behavior and society.	X		X
SLO 4	Explain the nature and benefits of intimate relationships.	X		X
SLO 5	Identify and describe the function of the male and female reproductive structures.			
SLO 6	Describe and discuss the reproductive processes in humans.			

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SLO 7	Explain how sex hormones are involved in reproductive processes.			
SLO 8	Explain common reproductive system diseases, disorders and dysfunction, including causes, treatment and long term consequences.	X		X
SLO 9	Describe the principles and value of contraception/birth control use.	X		X
SLO 10	Identify personal values and decision making processes associated with sexuality.	X		X
SLO 11	List modes of transmission, symptoms and treatments of sexually transmitted infections.	X		X
SLO 12	Describe the significant developmental stages and structures of pregnancy and fetal development.			
SLO 13	Describe sexual development in humans.			
COURSE:	BIO-34 (no map)			
SLO 1	Discuss the structure and function of cellular structures.			
SLO 2	Explain the basics of nucleic acid structure, gene replication, transcription, translation, and control of gene expression.			
SLO 3	Compare and describe the steps of the cell cycle.			
SLO 4	Compare and contrast the inheritance patterns of monogenic and multiple loci crosses.			
SLO 5	Explain and interpret pedigree patterns.			
SLO 6	Describe factors that can modify patterns of inheritance.			
SLO 7	Explain sex determination in humans and contrast sex-linked, sex-modified, and sex-limited inheritance.			
SLO 8	Explain normal human chromosome structure and examine variation in normal chromosome structure and number.			
SLO 9	Explain the genetic influences on various human diseases such as cancer, metabolic and immunological disorders.			
COURSE:	EAR-26			
SLO 1	Identify health, safety, and environmental risks in children's programs.	X	X	X
SLO 2	Recall regulations, standards, policies and procedures related to health, safety, and nutrition in support of young children, teachers and families.	X		X
SLO 3	Design strategies to maximize the mental and physical health of children and adults in programs for young children in	X	X	X

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	accordance with culturally, linguistic and developmentally sound practice.			
SLO 4	Analyze the nutritional needs of children at various ages and evaluate the relationship between healthy development and nutrition.	X		X
SLO 5	Define collaboration with families and the community around issues and roles for supporting healthy and safe environments for children.	X	X	X
COURSE:	GUI-45			
SLO 1	Identify factors that influence college academic achievement. Analyze the effect these factors will have on the college experience;	X		X
SLO 2	Identify and evaluate their own level of preparedness for college; • Appropriate placement in English, reading and math classes;			X
SLO 3	Apply sound decision-making and critical thinking skills in academic planning and course selection;			X
SLO 4	Develop an educational plan for their chosen goal or major;			
SLO 5	Demonstrate an awareness of college resources			
COURSE:	GUI-46			
SLO 1	Students will identify four year institutions and learn the differences between the systems, requirements for admission, graduation and availability of majors.			X
SLO 2	Students will apply decision-making, analytical and evaluative skills in major and course selection.			X
SLO 3	Students will acquire skills to effectively navigate the transfer process to four year institutions.			X
SLO 4	Students will acquire knowledge about student support services, including financial aid, as it relates to four year institutions.			X
SLO 5	Student will learn and apply academic planning concepts for transfer to four year institutions.			X
COURSE:	GUI-47			
SLO 1	Examine individual decision making process, identify psychological barriers to decision making, and develop alternative strategies for success.	X		X

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SLO 2	Demonstrate the ability to apply research skills to gather information about labor market, occupations and careers.				X
SLO 3	Research, assess and identify college majors appropriate for career decisions of interests.				X
SLO 4	Define adult developmental theory and explain the psychological, physiological, and environmental changes that impact a human being over the life span.	X			X
SLO 5	Identify individual personality type and explain the relation of personality and temperament to career planning.				X
SLO 6	Describe personality, values, and skills as they relate to human growth and life stage development.				X
SLO 7	Identify the psychological and sociological forces relating to diversity within the workplace as well as refine individual awareness of diversity.				X
SLO 8	Explain the key concepts of the decision making process and develop a plan of action to achieve individual goals.	X			X
SLO 9	Integrate the knowledge of self and the world of work by developing a short term and long term career and educational plan reflecting identified work related and core life values, skills, and interests related to emerging world of work.				X
SLO 10	Identify and demonstrate the components of a successful job search, including development of a resume and cover letter and modeling effective interviewing skills.				
COURSE: GUI-48					
SLO 1	Improve and develop his/her ability to retain and recall information.				
SLO 2	Acquire skills to articulate an educational goal and career direction leading to an ed. plan.				
SLO 3	Demonstrate an understanding of the principles and techniques of study skills necessary for success in the educational setting.				X
SLO 4	Acquire a level of self-esteem and understating that will enable him/her to make decisions regarding career and educational goals.				X
SLO 5	Demonstrate an understanding of the principles and practices necessary for a healthy adjustment to the social environment.	X			X
COURSE: HES-1					
SLO 1	Define wellness in terms of basic health strategies, including the identity and analysis of behaviors that relate to a healthy lifestyle, and discuss methods available to assess behavioral change strategies related to health and wellness.	X			X
SLO 2	Describe basic anatomical and physiological functions and pathological conditions of the human body and their relation to			X	

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	health and the human environment.			
SLO 3	Recall and interpret components of physical, mental, emotional, environmental, social and interpersonal aspects of health and wellness.	X		
SLO 4	Comprehend and discuss current health issues, with emphasis on preventative health care.		X	X
SLO 5	Evaluate the impact of psychoactive drugs, alcohol, and tobacco on physiological and psychological aspects of personal health and societal interaction.			X
SLO 6	Make sound decisions regarding healthcare practices and healthcare providers.			X
SLO 7	Evaluate the impact of environmental concerns and issues on individual and community health.			X
COURSE: KIN-10				
SLO 1	Investigate the history of sport and compare and contrast its influence on modern physical education programs.	X		
SLO 2	Differentiate between the areas of emphasis within the Physical Education or Kinesiology discipline.	X	X	
SLO 3	Analyze and evaluate the foundation research in exercise physiology as it pertains to present practices in physical fitness and sport.	X	X	
SLO 4	Develop a philosophy of physical education and sport and defend your position.		X	X
SLO 5	Identify and investigate the career opportunities within the discipline of Physical Education or Kinesiology.		X	X
COURSE: KIN-16				
SLO 1	Analyze the history, ethics, liability involved in the athletic training field.		X	
SLO 2	Support the need for professional development and continuing education requirements for athletic trainers.	X		
SLO 3	Discuss the role that anatomy, biomechanics, physiology, and psychology play in athletic injury management.	X	X	X
SLO 4	Compare and contrast the indications and contraindications for certain therapeutic modalities.		X	X
SLO 5	Assess specific athletic injury situations.	X		
SLO 6	Demonstrate basic prophylactic taping, wrapping, and bracing skills necessary for injury prevention for the major body areas.			X

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COURSE:	KIN-29			
SLO 1	Evaluate offensive and defensive systems used in youth, high school, college, and professional soccer teams.			X
SLO 2	Design integrative strategic practice, training, and game plans.	X	X	
SLO 3	Apply scouting techniques and recruiting etiquette.			X
SLO 4	Assess techniques and strategies for positive teaching and coaching techniques and player evaluation.	X	X	X
SLO 5	Compare the rules of soccer used by different organizations.	X		X
COURSE:	KIN-30			
SLO 1	Assess victims of injury and medical emergencies, and apply the emergency action plan for citizen responders: check the scene and victim, call 911, and initiate proper care for the victim;			X
SLO 2	Evaluate their lifestyles for health and safety concerns and set personal goals for achieving a safe and healthful lifestyle.			X
SLO 3	Demonstrate bandaging and splinting techniques for the care of wounds, burns, sprains, dislocations and fractures; apply the techniques used for the prevention and treatment of shock; and demonstrate emergency rescue moves only when necessary.			X
SLO 4	During simulated scenarios using manikins, demonstrate cardiopulmonary resuscitation and the use of an Automated External Defibrillator (AED), and care for breathing emergencies on adults, children and infants using correct procedures and techniques according to the American Heart Association ECC2005 guidelines for BLS for Healthcare Providers;			X
SLO 5	Describe the signs and symptoms associated with common medical emergencies and explain the first aid care that is needed in various scenarios.			X
COURSE:	KIN-35			
SLO 1	Define the components of physical fitness as it relates to a wellness program;	X		
SLO 2	Describe and apply an understanding of the relationship of nutrition and exercise to weight management;	X		
SLO 3	Assess the negative effects of unmanaged stress, substance abuse, sexually transmitted disease and cancer to overall wellness;			X
SLO 4	Evaluate a physically active lifestyle as a method of maintaining and improving fitness, wellness, and the overall quality of life;			X

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SLO 5	Design and practice a plan for the maintenance and improvement of physical fitness and wellness.			X	
COURSE:	KIN-36				
SLO 1	Analyze the seven dimensions of wellness and identify how they are both dynamic and inter-related.				X
SLO 2	Describe personal “triggers” for feelings of stress and employ strategies for living more harmoniously.	X			
SLO 3	Demonstrate an increased level of self-awareness regarding one’s choices, behaviors, thinking patterns, and beliefs and how these impact their quality of life.				X
SLO 4	Identify lifestyle improvement goals and design corresponding courses of action.	X			
SLO 5	Assess the quality of his or her personal health care coverage and identify additional health care options.				X
SLO 6	Practice problem solving techniques with regard to resolving addictive patterns and behaviors.	X			
SLO 7	Compare the connection between food choices and the opportunity for optimal health and wellness.				X
COURSE:	KIN-38				
SLO 1	Analyze and critique the various triggers related to feelings of distress.				X
SLO 2	Describe the physiological responses associated with distress.				X
SLO 3	Execute various coping strategies and relaxation techniques for managing distress.	X			
SLO 4	Synthesize knowledge gained, the practice of coping strategies, and relaxation techniques for incorporation into one's lifestyle.	X			
COURSE:	KIN-A3				
SLO 1	Utilize fitness principles and training guidelines to plan and practice an individualized flexibility, cardiovascular endurance and strength training program.	X			X
SLO 2	Demonstrate proper technique and appropriate application of training guidelines to keep their workout sessions productive and free from preventable accidents.	X			
SLO 3	Monitor their individual fitness level using appropriate record keeping methods.	X	X		

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SLO 4	Identify and relate how the performance of various exercises will result in physiological changes and improved physical interaction with their environment.		X	
COURSE: KIN-4				
SLO 1	Identify the six classes of nutrients and determine which are energy-yielding nutrients.	X		
SLO 2	Identify common food sources for the different classes of nutrients.	X		
SLO 3	Assess the arguments for and against vitamin and mineral supplementation.	X		
SLO 4	Apply the principles of nutrition to plan a healthy diet and maintain a healthy activity level.		X	
SLO 5	Analyze their diets and create and design a plan of action for improving their diets and eating habits.			X
SLO 6	Explain the food guide pyramid.	X		
COURSE: KIN-A15				
SLO 1	Demonstrate improvements in the execution of fundamental skills including appropriate grip, approach and delivery.		X	
SLO 2	Interpret and demonstrate basic knowledge of bowling safety, use of equipment, rules, scoring, and etiquette related to the sport of bowling.		X	
SLO 3	Apply acquired knowledge of safety, rules, etiquette, and scoring through participation in a class league play experience.		X	
COURSE: KIN-A16				
SLO 1	Describe and demonstrate various systems of spare conversion.		X	
SLO 2	Analyze lane conditions and their effect on ball roll and tracking.		X	
SLO 3	Analyze and perform self-corrections of common errors related to the approach and delivery.		X	
SLO 4	Describe and demonstrate the basic mechanics of the hook delivery.		X	
SLO 5	Employ skills and knowledge through participation in league play.		X	

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COURSE: KIN-A20					
SLO 1	Demonstrate basic golf techniques and skills.		X		
SLO 2	Understand the underlying rationale for golf etiquette and be able to apply the rules of golf during play.			X	X
SLO 3	Evaluate the opportunities and benefits which are available through lifetime participation in golf.		X	X	X
COURSE: KIN-A21					
SLO 1	Demonstrate course management strategies to improve scoring opportunities		X		X
SLO 2	Develop and demonstrate consistency in shaping the ball flight through swing manipulation in order to improve overall golf performance in a variety of situations.		X		
SLO 3	Understand and apply the situational rules of golf in order to correctly apply the rules in match situations.		X	X	X
COURSE: KIN-A40					
SLO 1	Demonstrate the basic skills in stretching and warm-up exercises and explain their function as it relates to exercise.		X		
SLO 2	Demonstrate the basic skills of self-defense through the use of blocking, shifting, punching, striking, and kicking.		X		
SLO 3	Evaluate the level of force that is appropriate in the application and responsibility of using karate as a self-defense.				X
SLO 4	Recognize and discuss criteria for aesthetic judgments.			X	
SLO 5	Recognize and assess Asian culture development and its contribution to martial arts.			X	X
COURSE: KIN-A41					
SLO 1	Demonstrate the basic and intermediate techniques of self-defense through the use of blocking, shifting, punching, striking, and kicking.		X		
SLO 2	Demonstrate and practice stretching and warm-up exercises and understand their function as it relates to exercise.		X		
SLO 3	Evaluate the level of force that is appropriate in the application and responsibility of using karate as a self-defense.				X
SLO 4	Practice methods of avoiding, appraising and responding to physical confrontation.			X	X

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SLO 5	Evaluate and justify criteria for aesthetic judgments.				X
SLO 6	Recognize and assess Asian cultural development and its contribution to martial arts.				X
COURSE: KIN-A46					
SLO 1	Explain and practice hatha yoga breathing techniques.			X	
SLO 2	Design and demonstrate a sequence of beginning level hatha yoga postures appropriate for a personal yoga practice.			X	
SLO 3	Practice several relaxation and meditation techniques and evaluate which techniques are appropriate for their personal needs.	X			
SLO 4	Interpret information for understanding Western and yogic nutritional concepts.				X
SLO 5	Apply safety precautions and correct body alignment while demonstrating beginning level hatha yoga postures.			X	
COURSE: KIN-A47					
SLO 1	Design and demonstrate a sequence of intermediate level hatha yoga postures using correct body alignment, breathing techniques and safety precautions.			X	
SLO 2	Practice correct breathing techniques and apply exercises to develop mental concentration.			X	
SLO 3	Practice several relaxation and intermediate level meditation techniques and evaluate which techniques are appropriate for their personal needs.	X			
SLO 4	Examine the philosophy of yoga.				X
SLO 5	Set personal goals and strategies to improve their physical and mental health through practicing hatha yoga.				X
COURSE: A-55					
SLO 1	Execute skills and drills in a safe manner to avoid preventable accidents.	X			
SLO 2	Analyze and evaluate basic slow pitch softball skills and techniques.				X
SLO 3	Perform in accordance with the rules and strategy of the game.			X	

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			X	X	
SLO 4	Develop the skills necessary to participate in recreational slow pitch softball leagues.		X	X	
COURSE:	A-63				
SLO 1	Demonstrate the fundamental throwing and catching skills of Ultimate Frisbee;		X	X	
SLO 2	Explain the rules and strategies of Ultimate Frisbee;		X		
SLO 3	Practice and apply specific offensive and defensive strategic formations and maneuvers;		X		X
SLO 4	Identify and practice conditioning activities that meet the demands of health and skill related fitness;			X	X
SLO 5	Appraise group teamwork in applying defensive and offensive techniques;				X
SLO 6	Demonstrate freestyle techniques of Frisbee.		X		
COURSE:	KIN-A64				
SLO 1	Demonstrate soccer-related dexterity and agility of the legs, feet, neck and head necessary for successful soccer participation.		X		
SLO 2	Recognize, develop, and apply physical stamina and speed congruent with soccer game situations.		X		X
SLO 3	Analyze individual offensive and defensive strategies necessary for various soccer game situations and apply appropriate strategies.		X		X
SLO 4	Set personal goals and evaluate physical conditioning and injury prevention strategies to be incorporated throughout a soccer season.		X	X	X
COURSE:	KIN-A75				
SLO 1	Set personal fitness goals to improve levels of cardiorespiratory endurance through walking.				X
SLO 2	Analyze and improve the technique of power walking.			X	
SLO 3	Identify and describe the components of health related fitness.				
SLO 4	Apply behavior modification techniques to make positive lifestyle changes concerning good nutrition and healthy eating		X		

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	habits.			
SLO 5	Apply safety procedures and proper techniques for stretching, warm-up and cool down.		X	
COURSE: KIN-A77				
SLO 1	Perform stretching, warm-up, and safety procedures to keep their experience free from injuries and preventable accidents.		X	
SLO 2	Set personal fitness goals and apply physical fitness concepts and the cardiovascular aspects of jogging in practicing a personal jogging plan for overall fitness.	X		
SLO 3	Analyze and apply proper running form techniques.		X	
COURSE: KIN-A81				
SLO 1	Utilize fitness principles and training guidelines to plan and practice an individualized cardiovascular endurance, strength training, and flexibility program.		X	
SLO 2	Monitor their individual fitness level using appropriate record keeping methods.		X	
SLO 3	Demonstrate proper technique and appropriate application of training guidelines to keep workout sessions productive and free from preventable accidents.		X	
SLO 4	Identify and measure how the performance of various exercises will result in physiological changes.		X	
SLO 5	Analyze how cardiovascular endurance, strength and flexibility assessments are interpreted and what impact they have on their health and well-being.		X	
COURSE: KIN-A83				
SLO 1	Practice and demonstrate proper body alignment, footwork, safety procedures and pulse monitoring for kickboxing aerobics.	X		
SLO 2	Identify all major muscle groups important to proper body alignment and form to the performance of kickboxing aerobics.	X		
SLO 3	Demonstrate proper form for basic weight training exercises that are necessary to the performance of kickboxing aerobics to prevent injuries.	X		
SLO 4	Create and apply a personal dietary plan based on a personalized USDA pyramid.	X	X	

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			X	X	X
SLO 5	Participate and evaluate the difference between pre-testing and post-testing of muscular strength and endurance, flexibility, abdominal strength and cardiovascular endurance.		X	X	X
COURSE: KIN-A95					
SLO 1	Analyze and design a sport specific personal weight training and conditioning program.		X	X	X
SLO 2	Identify the major muscle groups and their movement functions.		X	X	
SLO 3	Demonstrate sport specific strength training techniques.		X		X
SLO 4	Demonstrate sport specific conditioning and agility techniques		X	X	
SLO 5	Identify proper nutrition strategies to assist students in achieving their training goals.		X	X	X
COURSE: KIN-V10					
SLO 1	Demonstrate advanced offensive and defensive skills and techniques in soccer.		X		X
SLO 2	Demonstrate the physical strength and endurance needed for competition in intercollegiate varsity soccer.		X	X	X
SLO 3	Apply advanced team concepts for offense and defense.		X		
SLO 4	Demonstrate team cooperation and leadership skills.			X	
SLO 5	Analyze opponents' strategies and react appropriately during competition.		X		X
COURSE: KIN-V25					
SLO 1	Demonstrate advanced offensive and defensive skills and techniques in soccer.		X		X
SLO 2	Demonstrate the physical strength and endurance needed for competition in intercollegiate varsity soccer.		X	X	X
SLO 3	Apply advanced team concepts for offense and defense.		X		
SLO 4	Demonstrate team cooperation and leadership skills.			X	
SLO 5	Analyze opponents' strategies and react appropriately during competition.		X		X

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SLO to PLO MATRIX**

		PLOs			
		PLOs	<p>PLO 1: Demonstrate understanding of the impact life choices have on overall human health and apply this knowledge to maintain healthful living appropriate to the situation.</p>	<p>PLO 2: Recognize the positive impact of physical activity in fostering optimal health and apply this knowledge to lifestyle choices.</p>	<p>PLO 3: Recognize and understand the role of individual decision-making processes to the development of strategies concerning personal health and wellness.</p>