

# PEX COURSE STUDENT LEARNING OUTCOMES

## PEX 118 - Fundamentals of Fitness and Health

Students will be able to explain the health benefits of aerobic exercise, flexibility training, and muscular strength training.

Students will be able to administer pre and post fitness tests using specified protocol.

Students will be able to develop and engage in a personal fitness program.

## PEX 126 - Intermediate Soccer

Students will be able to perform the basic fundamentals of soccer such as dribbling, passing, shooting, heading, and kicking.

Students will be able to identify and describe NJCAA rules and regulations as they pertain to intercollegiate athletics.

Students will be able to identify strengths and weaknesses as they relate to game situations.

## PEX 146 - Self Defense

CSLOs are under review.

## PEX 149 - ZUMBA

Students will be able to perform learned dance skills of merengue, salsa, cumbia and reggaeton.

## PEX 151 - Boxing

Students will be able to apply increased knowledge, speed, balance and agility while performing basic boxing techniques and drills, footwork and punches.

Students will be able to maintain safety and prevent injury while boxing.

## PEX 155 - Fencing

Students will be able to explain the basic principles of fencing and theory of a competitive bout.

Students will be able to perform the physical skills needed to safely compete in a fencing bout and tournament.

## PEX 169 - Yoga

Students will be able to perform basic yoga postures.

Students will be able to demonstrate various breathing and relaxation techniques.

## PEX 170 - Cardio Fitness

Students will be able to find their target heart zone and explain how it is achieved.

Students will be able to properly perform basic cardiovascular exercises and define their benefits.

## PEX 172 - Body Contouring and Conditioning

Students will be able to demonstrate a variety of cardiovascular exercises and identify health benefits.

Students will be able to identify and perform methods of body toning and muscle isolation.

## PEX 173 - Circuit Training

Students will be able to apply strength training principles and practices for an effective workout.

Students will be able to implement a variety of circuit training routines.

## PEX 174 - Fitness Principles and Practices

CSLOs are under review.

## PEX 180 - Strength Training

Students will be able to demonstrate a working knowledge of the principles of intensity, duration, and frequency of exercise and their effects on strength.

Students will be able to develop proper strength training techniques as they relate to grip, posture, pace, breathing and range of motion.

Students will be able to recognize the long-term benefits of strength training as they relate to body composition, metabolism, bone density and strength maintenance.

## PEX 183 - Weight Training

CSLOs are under review.

## PEX 184 - Conditioning, Intercollegiate Athletics

Students will be able to identify the basic principles to be applied when choosing exercises for developing particular physical performance qualities such as strength, power, speed, muscular endurance, cardiovascular endurance, and flexibility/mobility.

Students will be able to perform stretching exercises that develop flexibility and mobility of the various muscle groups and body segments.

## PEX 193 - Intercollegiate Soccer

Students will be able to apply the basic rules, etiquette, sportsmanship, and field space to a real time game.

Students will be able to demonstrate the fundamental and advanced skills and techniques of soccer.

Students will be able to analyze and assess personal skills of shooting, tactics, and strategies.

## **PEX 198 - Intercollegiate Volleyball**

Students will be able to demonstrate proper execution of advanced volleyball skills during practices and competitions.

Students will be able to apply strategic thinking in live game scenarios, including offensive and defensive plays.

## **PEX 199 - Special Topics**

CSLOs are under review.

## **PEX 207 - Total Fitness and Weight Control**

CSLOs are under review.

## **PEX 215 - Intermediate Volleyball**

Students will be able to perform the basic fundamentals of volleyball such as passing, setting, serving, hitting, and blocking.

Students will be able to identify and properly interpret NJCAA and NCAA rules and regulations as they pertain to intercollegiate athletics.

## **PEX 226 - Advanced Soccer**

Students will be able to perform advanced soccer skills.

Students will be able to identify and describe NJCAA rules and regulations as they pertain to intercollegiate athletics.

Students will be able to identify strengths and weaknesses as they relate to game situations.

## **PEX 230 - Intermediate Intercollegiate Volleyball**

Students will be able to demonstrate improved consistency in core volleyball skills during intermediate-level practices and games.

Students will be able to apply intermediate offensive and defensive strategies in game situations.

## **PEX 235 - Advanced Volleyball**

Students will be able to demonstrate significant improvement in skill execution, strategic decision-making, and the ability to perform under pressure during competitive play.

Students will be able to exhibit strong leadership, effective communication, and adaptability in practice and game situations, while maintaining academic discipline and ethical behavior that aligns with NJCAA and NCAA expectations.

## **PEX 280 - Advanced Strength Training**

CSLOs are under review.

## **PEX 284 - Intermediate Conditioning, Intercollegiate Athletics**

Students will be able to identify advanced principles to be applied when choosing exercises for developing particular physical performance

qualities such as speed, cardiovascular endurance, and flexibility/mobility.

Students will be able to perform stretching exercises that develop flexibility and mobility of the various muscle groups and body segments.

## **PEX 293 - Intermediate Intercollegiate Soccer**

Students will be able to apply the basic rules, etiquette, sportsmanship, and field space to a real-time game.

Students will be able to demonstrate advanced skills and techniques of soccer.

Students will be able to analyze and assess personal skills of shooting, tactics, and strategies.