

PEA-067A GE Submission Form
Statement of Rationale:

Physical Education

Certification Criteria

PE-067A

Students will improve in

1. Fitness, cardiovascular, and body composition.
and
2. Skill-specific components, such as hiking and running moderate to difficult trails, trail etiquette, mental strength techniques, running strategies, nutrition, and the basic gear necessary for trail hiking and running.

Student Learning Outcomes

1. Students will demonstrate a level of skill to safely navigate local trails.

Method of assessment: Skills Testing

2. Students will demonstrate gains in strength and endurance while hiking and running on trails.

Method of assessment: Pre- and post-trail race/time trial

3. Students will construct a workout plan tailored to their own ability level.

Method of assessment: Written assignment

4. Students will consider their impact on the environment.

Method of assessment: Written assignment

Serving Society; Enacting Justice

Interpretive Statement

We will be utilizing local trails for hiking and running, so naturally the service component of this class will be 12 hours of trail work with one of several local organizations (Montecito Trails Foundation and/or Los Padres National Forest) to help maintain and repair the trails. The goal of this service component is give back to the local community by helping to sustain the trails for generations to come while contemplating our impact and stewardship of the environment through the choices we make. Class discussion and a written assignment will allow students to process this experience while thinking about the environmental considerations and human impact on wilderness through trails. Students and instructors will participate together in this service component.