Semester one

The student will be able to demonstrate the advanced skills necessary to compete in intercollegiate athletics and sustain a competitive level of fitness.

Assessment: Practical exam (Pass/fail)

The student will able to demonstrate an understanding of advanced skills, individual and team strategies, formations and schemes needed to participate in intercollegiate athletics.

Assessment: 20 question multiple choice exam with a minimum pass rate of 70%

Semester two

The student will be able to demonstrate an advanced level of communication skills with their teammates.

Assessment: Practical exam (Pass/fail)

The student will be able to evaluate opponents and develop a strategy for successful competition.

Assessment: 20 question multiple choice exam with a minimum pass rate of 70%