



Mendocino College

COURSE LEVEL STUDENT LEARNING OUTCOMES

Term Effective:

Spring	2008
Semester	Year

Title:

Low Impact Fitness

(limit to 50 characters including spaces)

Course Number:

PEG 105

Initiator:

Ed Boyle

Date Submitted:

1/7/2008

Units Min:

1.00

If this is a variable unit course, then the relationship between units and any difference in expected SLO's should be explained.
Units Max:

1.00

Lecture Hours:

0.00 to 0.00

 Lab Hours:

2.00 to 2.00

 Activity Hours:

0.00 to 0.00

Student Learning Outcomes: *(Enter the SLO's in an outline format. Use the Ctrl + Tab keys to indent for subtopics.)*

- 1. The students will achieve an improved level of fitness.
 - 2. The students will develop personal fitness goals and philosophy.
- Assessment Methods
- 1. Through regular and concentrated participation in and completion of in-class assignments the student will achieve an improved level of fitness.
 - 2. The students will submit a written philosophy outlining their personal fitness goals.

SIGNATURES / APPROVALS:

Instructor(s) _____
Signature Date

Instructor(s) _____
Signature Date