



# Mendocino College

COURSE LEVEL STUDENT LEARNING OUTCOMES

|                        |          |      |
|------------------------|----------|------|
| <b>Term Effective:</b> | Spring   | 2008 |
|                        | Semester | Year |

Title:   
*(limit to 50 characters including spaces)*

Course Number:

Initiator:

Date Submitted:

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

Units Max:

Lecture Hours:       Lab Hours:       Activity Hours:

**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 the appropriate level of cardio vascular endurance necessary for the specific intercollegiate sport they are training for.
2. The students will develop a personnel exercise prescription for achieving a level of fitness necessary to compete in intercollegiate athletics.

**Assessment Methods**

1. The students will demonstrate the level of cardio fitness in a control test at the end of the course.
2. The students will submit a personal exercise journal that tracks their program in improving fitness.

**SIGNATURES / APPROVALS:**

Instructor(s) \_\_\_\_\_  
 Signature \_\_\_\_\_ Date \_\_\_\_\_

Instructor(s) \_\_\_\_\_  
 Signature \_\_\_\_\_ Date \_\_\_\_\_