



# 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 student will understand and demonstrate a knowledge of the physiological principles involved with exercise.

2: The student will understand the psychological principles involved with exercise.

3: The student will be able to apply psychological principles to create exercise programs.

**Assessment Methods:**

1: Throughout the semester, students will be given written tests on physiological material and psychological material.

2: Portfolios will be submitted that include information on various exercise programs.

**SIGNATURES / APPROVALS:**

Instructor(s)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Instructor(s)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date