Mendocino College

COURSE LEVEL STUDENT LEARNING OUTCOMES

Term Effective:	Spring (Semester)	2008 (Year)
Title:	Concepts Of Fitness *(limit to 50 characters including spaces)*	Course Number: PEM 203
Initiator:	Duncan Mcmartin	Date Submitted: 1/7/2008

Units Min:	3.00	*If this is a variable unit course, then the relationship between units and any difference in expected SLO's should be explained.*
Units Max:	3.00	

Lecture Hours:	3.00 to 3.00	Lab Hours:	0.00 to 0.00	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 student will comprehend and analyze the components of a total fitness and wellness program.

2: The student will demonstrate an understanding of specific types of exercise including their benefits.

3: The students will create their own individual exercise prescriptions.

Assessment Methods:

1: Throughout the semester, students will be given written tests.

2: Portfolios of exercise types, designs, workouts and equipment will be evaluated at the completion of the semester.

3: Exercise plan will be submitted.

SIGNATURES / APPROVALS:

Instructor(s) _____ Signature _____ Date

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