



Mendocino College

COURSE LEVEL STUDENT LEARNING OUTCOMES

Term Effective: Spring 2008
Semester Year

Title: Weight Training
(limit to 50 characters including spaces)

Course Number: PEG 216

Initiator: Ed Boyle

Date Submitted: 1/7/2008

Units Min: 1.00
Units Max: 2.00
If this is a variable unit course, then the relationship between units and any difference in expected SLO's should be explained.

Lecture Hours: 0.00 to 0.00 Lab Hours: 1.00 to 4.00 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. Students will be able to develop the fundamental techniques and methods of weight training to improve strength.
 2. The students will develop personal muscular fitness goals.
 3. Students will develop a personal exercise prescription that emphasizes muscular fitness.
- Assesment Methods
1. The students will demonstrate the proper techniques of lifting free weights and also the use of the weight lifting machines.
 2. Students will prepare an exercise journal that records their progress in meeting their established goals.
 3. Students will submit a personal exercise journal that tracks their progress of improving muscular fitness.

SIGNATURES / APPROVALS:

Instructor(s) _____
Signature Date

Instructor(s) _____
Signature Date