**Mendocino College**

COURSE LEVEL STUDENT LEARNING OUTCOMES

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| **Term Effective:** | Spring (Semester) | 2008 (Year) |
| Title: | Power Weight Training *(limit to 50 characters including spaces)* | Course Number: PEG 218 |
| Initiator: | Ed Boyle | Date Submitted: 1/7/2008 |

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| 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 | |

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| Lecture Hours: | 0.00 to 0.00 | Lab Hours: | 3.00 to 3.00 | 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.

Assessment 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