Mendocino College

COURSE LEVEL STUDENT LEARNING OUTCOMES

Term Effective:	Spring (Semester)	2008 (Year)
Title:	Physical Fitness *(limit to 50 characters including spaces)*	Course Number: PEG 280
Initiator:	Ed Boyle	Date Submitted: 1/7/2008

Units Min:	0.50	*If this is a variable unit course, then the relationship between units and any difference in expected SLO's should be explained.*
Units Max:	2.00	

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. The student will be able to operate safely and properly the exercise equipment available in the Fitness Lab.

2. The student will be able to prepare a complete exercise program.

3. The student will acquire an improved level of physical fitness.

Assessment Methods

1. Students will demonstrate to the instructor the proper operating procedures of the equipment in the Fitness Lab.

2. Students will submit a personal four week workout plan that includes resistance and cardio exercises.

3. Through regular and concentrated participation in and completion of in-class assignments the student will achieve an improved level of fitness.

SIGNATURES / APPROVALS:

Instructor(s) _____ Signature _____ Date

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