



Mendocino College

COURSE LEVEL STUDENT LEARNING OUTCOMES

Term Effective:

Spring	2008
Semester	Year

Title:

Individual Exercise Lab

(limit to 50 characters including spaces)

Course Number:

PEG 80

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

Instructor(s)

Signature

Date