



Mendocino College

COURSE LEVEL STUDENT LEARNING OUTCOMES

Term Effective:	Fall	2008
	Semester	Year

Title:
(limit to 50 characters including spaces)

Course Number:

Initiator:

Date Submitted:

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

Lecture Hours: Lab Hours: Activity Hours:

Student Learning Outcomes: *(Enter the SLO's in an outline format. Use the Ctrl + Tab keys to indent for subtopics.)*

1. Demonstrate a working knowledge of Tai Chi history, principles and philosophy.
2. Understand mental and physical balance while calming the spirit.
3. Improve overall health and reduce the effects of stress in daily life.
4. Demonstrate the physical and mental skills necessary to independently perform Section I of various forms of Tai Chi.

SIGNATURES / APPROVALS:

Instructor(s) _____
 Signature Date

Instructor(s) _____
 Signature Date