



# Mendocino College

COURSE LEVEL STUDENT LEARNING OUTCOMES

<b>Term Effective:</b>	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. Identify and select proper warm-up and cool down for a variety of training programs
2. Demonstrate improvements in aerobic fitness, joint flexibility, and running techniques through assessments
3. Calculate individual heart rate range and perform heart rate monitoring to control the training intensity
4. Apply and demonstrate the principles of physical fitness as it relates to a lifestyle of wellness

**SIGNATURES / APPROVALS:**

Instructor(s)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Instructor(s)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date