



# Mendocino College

COURSE LEVEL STUDENT LEARNING OUTCOMES

<b>Term Effective:</b>	Spring	2009
	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.)*

Students will be able to:

Become aware of own body and sensations; gain greater control over body movements; and coordinate with breath to increased health and vitality of life

Use listening skills and exhibit improved receptive and expressive language skills as it relates to simultaneous movement and breath

Increase accuracy of coordinated movement to improve muscular flexibility and strength, safe neuromuscular reprogramming, and lifelong healthful behaviors

Based on exit interviews and observations, these outcomes will be assessed using a scoring rubric.

**SIGNATURES / APPROVALS:**

Instructor(s) \_\_\_\_\_  
 Signature Date

Instructor(s) \_\_\_\_\_  
 Signature Date