



# 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. Develop personal fitness goals.
2. Develop a personal exercise program based on their personal fitness goals.
3. Demonstrate knowledge of body awareness.
4. Explain the importance of physical fitness.
5. Explain the difference between muscular strength and muscular endurance.
6. Explain the difference between cardiovascular exercise and strength training.
7. Identify the componets of an exercise program including: warm-up, cardiovascular exercise, strength training, stretching, and cool down.
8. Demonstrate knowledge of the rules, safety, and etiquette, required to participate in an Adaptive Physical Education.
9. Demonstrate the proper use and techniques required to use the equipment.

**SIGNATURES / APPROVALS:**

Instructor(s)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Instructor(s)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date