

PROGRAM STUDENT LEARNING OUTCOMES
Health and Fitness Science

Program SLOs
Students will understand and have a working knowledge of the varying responsibilities in health fitness management and how the law relating to athletics and physical education plays a part in the overall concept of health and fitness, by achieving mastery level score of 70 %, grade of C on course rubrics used throughout the curriculum.
Students will be able to conduct an initial fitness evaluation /consultation, create a needs assessment plan and design a personalized exercise program that would be tailored to the individual or specific population, as measured by achieving mastery level score of 70 %, grade of C on course rubrics used throughout the curriculum in HFS 111 and 210.
Students will be able to recognize symptoms and treat common exercise related injuries as demonstrated on multiple course rubrics with a passing score on (pass/fail) assignments