

(PE-C101) Course Level SLO & Qualitative Notes

Apply motivational and behavior modification techniques and theories to enhance compliance with a healthy lifestyle program.

81779-(PE-C101-001)-Personal Fitness and Wellness
by Robert Flores

COURSE OBJECTIVES: • Evaluate personal fitness levels and health related behaviors • Describe the components of health-related and skill related physical fitness as part of a healthy lifestyle. • Develop a prescription to improve fitness. • Implement plans to improve physical fitness levels and health behaviors. • Discuss the contribution of physical activity to overall physical, social, spiritual, environmental, intellectual, emotional and occupation wellbeing. • Explain basic nutrition principles. • Explain the principles of weight management. • Discuss stress management techniques. • Explain the relationship between fitness and lifestyle choices. • Integrate physical fitness, nutrition, weight management, and stress management into lifelong healthy behaviors.

Demonstrate critical thinking skills by assessing correct health/fitness behaviors and habits to develop a personalized and comprehensive fitness and wellness program.

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Demonstrate solid research techniques in backing up opinions and ideas and critiquing articles on fitness/wellness.

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(PE-C101) Institutional SLO & Qualitative Notes

Demonstrate information competency.

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Student Outcomes Qualitative Notes during CCC Fall 2012 for Physical Education

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(PE-C101) Program Level SLO & Qualitative Notes

Apply major theories and principles to everyday life and determine the impact of these theories on the individual and/or society as a whole.

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Follow directions and communicate clearly.

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