

Los Angeles Valley College
Course Level Student Learning Outcomes (SLO)

Course Name and Number: Phys Ed 97

Course Title: PHYSICAL EFFICIENCY

Course Objectives: (List the course objectives as they appear in the course outline of record.)
Explain the concept of physical fitness

Describe the five health-related components of fitness and how each component applies to their exercise plan.

Analyze a diet for nutritional value.

Construct an exercise program based upon sound physiological principles.

Compare the different coping mechanisms for stress.

Describe how elements covered in this course can be integrated into a lifelong wellness plan.

Demonstrate technique for measuring blood pressure and heart rate.

Demonstrate testing techniques and procedures for measuring changes in Cardio-respiratory endurance, Body Composition, Muscular Strength, Muscular Endurance and Flexibility.

Assess the results of their exercise prescription program and workout/exercise.

Establish 1–2 course level student learning outcomes and indicate how each SLO will be assessed.

Course Level Student Learning Outcome	Assessment Measure
Identify the five components of fitness	Student will explain which of the five components of fitness apply to specific activities. A check list will be used.