

Glendale Community College

STUDENT LEARNING OUTCOMES & COMPETENCIES WORKSHEET

Course Name: Health 117 - Applied Exercise Physiology

Semester: Fall 2008

Instructor: Barb Erfurt

Directions: this model is suggested, but not mandatory:

Column 1. Write one SLO in each row (samples on Page 2). Use action Verbs (Sample on Page 3).
for most courses, 1 - 3 SLO's are recommended.

Column 2. Write your measurement method(s) and progress indicator(s) in each row for each SLO

Column 3. Using the list of Core Competencies (Institutional Learning Outcomes) on Pages 4 & 5,
List each of the Core Competencies addressed by each SLO in each row.

Column 4. Choosing from the list of "Expected Exit Levels" of Competency (Below), write the
appropriate overall level for each SLO.

1 = Knowledge	2 = Comprehension	3 = Application	4 = Analysis	5 = synthesis	6 = Evaluation
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Student Learning Outcomes	Assessment Method(s) and / or Progress Indicator(s)	Core Competency (or Competencies)	Expected Exit Level
Explain the physiological adaptations that occur with regular cardiorespiratory and musculoskeletal training that promote long term health and manage chronic disease	Class Discussion Observation Written examination/projects	1a,b 4a,b,c,d 5a 6c	4
Formulate physical activity plans for clients which safely, effectively promote long-term health and weight control	Class discussion Observation of hands-on client interaction Written examination/projects	1a,b,e 2a 4a,b,c,d 5a, 6c 7c	5

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