

## Fitness and Wellness Student Learning Outcomes

A student enrolling in a Fitness and Wellness class at LBCC will have the opportunity to engage in the following activities, according to the course outlines submitted by LBCC faculty:

- Intelligently evaluate exercise literature and programs
- Compare and evaluate the quality of sources for exercise-related information
- Match specific exercises with fitness goals
- Develop lifelong exercise habits
- Participate in a wide variety of fitness activities, sports and games
- Test physical fitness of self and others
- Set realistic goals and evaluate progress toward goals
- Maintain ideal body weight or lose 1lb. per week if overweight
- Identify current fitness level, health risks, and exercise needs
- Recognize the difference between health-related fitness and performance-related fitness
- Compare exercise modalities for effectiveness, efficiency, and risk
- Design exercise programs to improve aerobic capacity, muscular strength, and flexibility
- Evaluate the effectiveness of their exercise programs

F&W – Survey List