

## PEPF Student Learning Outcomes

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

- Select exercises to meet personal fitness goals
- Set realistic and measurable fitness goals
- Design a personal exercise program
- Demonstrate the relationship between specific exercises and fitness goals
- Gain experience matching specific exercises to personal fitness goals
- Improve fitness levels through participation in class activity
- Track progress in fitness levels
- Describe progress in class activities
- Self-evaluate individual progress, as well as compare progress to group norms
- Adopt good habits of eating, rest, and avoidance of substances harmful to the body
- Think about the best physical response in given sport situations
- Practice physical responses in given sport situations
- Calculate and utilize target heart rate to monitor exercise intensity
- Practice appropriate body alignment and movement principles
- Identify muscle groups involved in class activities
- Exercise safely
- Employ proper technique in using exercise aids/equipment
- Select appropriate exercise equipment
- Gain mastery of the movements necessary to participate in class activities
- Plan a series of coordinated movements
- Execute a series of coordinated movements
- Use warm-up and cool-down procedures to avoid injury
- Monitor exercise intensity
- Identify and understand basic health risks
- Establish and maintain behavioral changes leading to improved fitness
- Evaluate commercial exercise programs
- Self-test fitness levels
- Evaluate fitness requirements for various sports and games
- Identify reliable sources of exercise- and health-related literature
- Memorize exercise routines to achieve specific goals
- Practice stress reduction and body centering techniques
- Create a personal exercise log
- Practice sport techniques and strategies used in intercollegiate competition
- Cope with the pressures of being a student-athlete
- Apply strategic plans in sport competition
- Use college resources to maintain progress toward athletic and academic goals
- Compare and contrast fitness requirements established by licensing boards
- Identify and compare avoidable and unavoidable health risks