

Fullerton College

Student Learning Outcomes

Physical Education

Students who take courses in Physical Education will be able to:

1. Demonstrate a beginning level of knowledge and skill in at least one sport or physical activity.
2. Explain and apply basic physiological principles of human movement in exercise and sports settings.
3. Demonstrate an understanding of the structure and function of the body in human performance.
4. Recognize the principles of physical fitness development and maintenance as well as the body's responses to physical activity.
5. Acquire an understanding of those factors instrumental in the development and performance of motor skills.
6. Demonstrate an understanding of the value and significance of physical activity for human development, human interactions, and quality of life.
7. Use campus and/or community resources to participate actively in their own education.

Dance

Students who take courses in Dance will be able to:

1. Demonstrate the basic fundamentals of ballet, jazz, and modern dance.
2. Acquire experience in a variety of cultural dance forms.
3. Exhibit a basic knowledge of dance history.
4. Ability to organize creative thoughts into movement.
5. Display spatial awareness.
6. Follow directions using dance vocabulary.
7. Acquire experience in concert dance performances

Intercollegiate Athletics

Students in the Intercollegiate Athletics programs will be able to:

1. Work cooperatively and collaboratively with others.
2. Recognize the significance of sport and fitness in the human experience.
3. Apply principles of fair play and integrity.
4. Complete 12 or more units per semester, with a 2.0 grade point average, on track with an education plan for graduation.
5. Demonstrate the ability to compete and excel at the highest level of community college competition.

6. Know the transfer process and the high success rate associated with graduation and transfer.
7. Value travel to other instructional institutions in California.
8. Value membership in a diverse social and economic group of participants.

Recreation

Students who take courses in Recreation will be able to:

1. Display leadership, cooperation and sportsmanship through active participation in recreation sports.
2. Encourage and promote a quality of life through being "outdoor and active."
3. Encourage and appreciate the value of lifelong recreational pursuits with emphasis of activities that support a healthy lifestyle.
4. Advocate for the impact and understanding of nature and the environment with respect to co-existence with natural habitat through Outdoor Recreation trips and workshops.

Wellness

Students who take courses in Wellness will be able to:

1. Acquire wellness knowledge based on scientific research.
2. Assess personal wellness status.
3. Design and implement a multi-dimensional wellness plan.
4. Access and evaluate valid and reliable wellness information resources.
5. Communicate wellness concepts.
6. Increase awareness of the relationships between personal, community, and global wellness issues.
7. Demonstrate an understanding of wellness in the context of human development.
8. Describe major initiatives in the local community, state, nation, and the world directed toward wellness through community action.
9. Demonstrate an understanding of the reciprocal interaction of the growing and developing individual and dynamic environmental factors, and the impact on wellness of this interaction.
10. Design programs, activities, and/or educational materials that will help to improve wellness of the community.
11. Demonstrate problem-solving skills in addressing wellness needs of individuals, communities, and populations.
12. Communicate effectively, orally and in writing, in the development and presentation of wellness information to individuals across the lifespan.