

PHED 1532 – Low Impact Aerobics

Course Level SLO	Institutional SLO(s) aligned with	Assessment(s)*
Perform aerobic exercise routines; race walking, toning, rubber bands/ropes, and floor exercises in order to contribute to lifelong fitness and health.	Discipline content	Performance
Apply knowledge of aerobic benefits.	Discipline content	Performance

(You may add or delete as many cells as you need. Aim for a manageable amount of SLOs that indicate the most important outcomes of your course.)

*These assessments reflect multiple instructors. Not all instructors use all of the assessments listed here. [Delete this comment if you are a discipline of one instructor or if the comment does not apply to your discipline.]

Reviewed by: Kanoe Bandy

on: January 12, 2010