

## Curriculum Map

### Course to Program/Discipline Level Student Learning Outcomes

#### Adult Fitness Program

The Adult Fitness curriculum prepares students to achieve the expected student learning outcomes identified by the program or discipline. The following table demonstrates how learning activities in specific courses map to these learning outcomes.

Students graduating with a degree in Adult Fitness should be able to:

SLO1: apply, evaluate, and prescribe exercise programs.

SLO2: apply business organizational and management skills necessary to pursue a career as an adult fitness trainer.

SLO3: analyze and evaluate the way muscles perform during various exercise movements.

SLO4: demonstrate personal fitness in its different components: muscle strength, endurance, and flexibility; cardio fitness, weight management, and balance.

SLO5: develop fitness programs for people of all ages.

Key: I-Introduced  
collected

R-Reinforced

M-Mastery

A-Assessment evidence

Required Courses	SLO1	SLO2	SLO3	SLO4	SLO5
PED 1500	I	I	I	I	I
PED 2500	I	I	I	I	I
MGS 2030		R			
PED 2800	I	I	I	I	I
PED 3231	R		R	R	
PED 3505	R		M	R	
PED 3510	M		R	M	M

August 2012

HED 3600				R	
PED 3612	M	M	M	M	M
PED 3692	R	R	R	R	R
PED 4600	R	I	R	R	R
PED 4605	R		R	R	R
PED 4625	MA	MA	MA	MA	MA
PED 4626	M	R	M	M	M
PED 4627	MA	MA	MA	MA	MA
PED 4629	M	R	M	M	M
PED 4630	R		R	R	M