

## **Sample SLOs for:**

### **Health Education**

The students will learn, identify, and discuss benefits of living a wellness lifestyle.

The students will identify the health-related components of physical fitness and incorporate cardio-respiratory endurance, muscular strength, muscular endurance, and flexibility into individual workouts according to American College of Sports Medicine guidelines presented in text and class material.

The students will describe, discuss and explain the basic concepts of the science of nutrition, the study of nutrients and the way the body process them; based within the framework of the Dietary Guidelines for Americans.

The students will identify and discuss benefits of living a wellness lifestyle; and that staying healthy is a lifelong process that requires personal responsibility for factors that are under their control.

The students will define and discuss the health implications of obesity and overweight; and the biological and behavioral causes of obesity.

Source: [http://www.accd.edu/nlc/nlckine/Faculty\\_Resource/SLOs/SAC%20SLOs.doc](http://www.accd.edu/nlc/nlckine/Faculty_Resource/SLOs/SAC%20SLOs.doc)

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Note: These sample SLOs are provided as a model for the creation of SLOs for your own course or program. If you have questions, or would like assistance in writing SLOs, please contact Dr. Gary Williams, Instructional Assessment Specialist, at (909) 389-3567 or [gwilliams@craftonhills.edu](mailto:gwilliams@craftonhills.edu).