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| **Program/Discipline Learning Outcomes** | | |
| **ACADEMIC YEAR: 2014-2015** | | |
| **PROGRAM/DISCIPLINE** | | |
| HPF: Health and Physical Fitness | | |
| **PROGRAM/DISCIPLINE CONTACT** | | |
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| **Define program/discipline mission** | | |
| *General education courses in Health and Physical Fitness support all populations of students. Courses focus on understanding and developing skills of self care and self responsibility for well being, with an emphasis on the impact of personal choice on health and fitness, physically, emotionally and mentally,* | | |
| **Define program/discipline Level Learning outcomes** | | |
| ***As a result of students participating in this discipline, they will be able to:*** | | |
| ***1.*** | *Identify and understand concepts of wellness.* | |
| ***2.*** | *Increase awareness of the impact of personal choice on well being* | |
| ***3.*** | *Plan behavior changes to improve well being* | |
| ***4.*** | *Apply behavior change strategies to improve well being* | |
| ***5.*** | *Recognize the role of personal responsibility for well being* | |
| ***6.*** |  | |
| ***7.*** |  | |
| ***8.*** |  | |