

(HLED B1: Principles of Health)

Student Learning Outcomes or AUO	Measure	PLO	ILO	GE
1. Demonstrate knowledge of basic nutrition and fitness principles to promote healthy lifestyle changes.	Pre – Post Test	PLO 1	1	E.1
	Multiple Choice	PLO 3	2	E.2
			3	
2. Identify the physiological effects and health risks associated with drug, alcohol and tobacco use.		PLO 1	1	E.1
		PLO 3	2	E.2
			3	
3. Identify the physiological effects and health risks associated with drug, alcohol and tobacco use.			1	E.1
		PLO 1	2	E.2
		PLO 3	3	
4. Examine the impact of an individual’s behavior on the environment and the influences of the environment on an Individual’s level of Wellness.			4	E.1
		PLO 1		E.2
		PLO 3		
5. Identify the risk factors pertaining to sexual behaviors and describe the means by which those risks can be minimized.		PLO 1	1	E.1
		PLO 3	2	E.2
			3	

PLOs:

1. Analyze the history, research and current information in Kinesiology and their current applications. **(Inquiry)**
2. Demonstrate and explain the basic anatomy and physiological principles at work in both sport performance and general fitness activities. **(Communication & Performance)**
3. Demonstrate an understanding of the value and significance of physical activity for human development, human interactions and quality of life. **(Content Knowledge & Interdisciplinary Connections)**
4. Demonstrate and describe the primary aspects of injury and trauma response as a first responder. **(Inquiry – Content Knowledge – Performance)**
5. Recognize the principles of physical fitness development and maintenance as well as the body's responses to physical activity. **(Inquiry)**

ILOs:

1. Think critically and evaluate sources and information for validity and usefulness. **(Inquiry)**
2. Communicate effectively in both written and oral forms. **(Communicate & Performance)**
3. Demonstrate competency in a field of knowledge or with job-related skills. **(Content Knowledge)**
4. Engage productively in all levels of society – interpersonal, community, the state and nation, and the world. **(Interdisciplinary Connections)**

GELOs:**Area E - Lifelong Understanding and Self-Development**

1. Critically examine the development of the individual as an integrated physiological, psychological, spiritual, and social being.
2. Identify, describe and explain the interactions of the internal and external influences and effects in human development and behavior over the course of the human life span.