

Course Outcomes for PHED courses

The following are working course outcomes for courses with the PHED subject code. These outcomes will be reviewed the NWIC Curriculum Committee during the curricular review process in 2017 with the intent to create approved course outcomes.

Upon completion of the course students will be able to:

1. Describe the importance of personal wellness and physical fitness in their lives,
2. Demonstrate knowledge of and show competence in fundamental and advanced motor skills that allow the student to enjoy regular physical activity,
3. Describe fundamental training principles that apply to cardiovascular fitness, flexibility, and strength.