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Del Mar College

ADM 091 04 1

Core Curriculum and Related Exemplary Educational Objectives

CHECK MARK OPTIONS: You may check a field by either clicking once on <spacebar>, or <enter>, or by using mouse.

Core Component: KINESIOLOGY

Exemplary Educational Objectives:

1. To understand the effects of physical movement upon the human body.
2. To know and exhibit the behaviors involved in a wellness lifestyle.
3. To demonstrate the skills necessary to promote participation in lifetime physical activities.
4. To understand and apply the basic principles involved in living a healthy lifestyle.
5. To develop a clear understanding of, and commitment to, the personal values of honesty, fair play, teamwork, and civility.
6. To articulate an informed personal reaction to the aesthetics involved in human movement.

Course/ TCCNS	Educational Objectives						Verification That course meets Exemplary Educational Objectives
	1	2	3	4	5	6	