

CCP PROGRAMS

CAREER TECHNICAL PATHWAY - HEALTH AND FITNESS SCIENCE

1. The student will be able to identify the components of a health and fitness program. (CLO 1)

2. The student will be able to explain the importance of a health and fitness program. (CLO 2)

3. The student will be able to design a health and fitness program. (CLO 3)

4. The student will be able to evaluate a health and fitness program. (CLO 4)

5. The student will be able to demonstrate the skills necessary to perform a health and fitness program. (CLO 5)

6. The student will be able to communicate the benefits of a health and fitness program. (CLO 6)

7. The student will be able to identify the signs and symptoms of a health and fitness program. (CLO 7)

8. The student will be able to explain the causes of a health and fitness program. (CLO 8)

9. The student will be able to describe the effects of a health and fitness program. (CLO 9)

10. The student will be able to identify the factors that influence a health and fitness program. (CLO 10)

11. The student will be able to demonstrate the skills necessary to perform a health and fitness program. (CLO 11)

12. The student will be able to communicate the benefits of a health and fitness program. (CLO 12)

13. The student will be able to identify the signs and symptoms of a health and fitness program. (CLO 13)

14. The student will be able to explain the causes of a health and fitness program. (CLO 14)

15. The student will be able to describe the effects of a health and fitness program. (CLO 15)

16. The student will be able to identify the factors that influence a health and fitness program. (CLO 16)

Career Technical Pathways

1. The student will be able to identify the components of a health and fitness program. (CLO 1)

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9. The student will be able to describe the effects of a health and fitness program. (CLO 9)

10. The student will be able to identify the factors that influence a health and fitness program. (CLO 10)

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