

## Program PLO Statements

Unit Name	PLO Name	PLO	PLO Status
El Camino: PLOs (HSA) - Adapted PE	PLO #1 Fitness and Skill Development	Student in Adapted Physical Education courses will improve their fitness and/or skill development.	Active
	PLO #2 Proper Strategies	Students will identify proper exercises and training strategies to enhance fitness and safety.	Active
	PLO #3 Benefits of Exercise	Students will describe the benefits of exercise relative to each component of fitness.	Active