

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 nutrition in health and fitness. (CLO 2)
 3. The student will be able to describe the role of exercise in health and fitness. (CLO 3)
 4. The student will be able to identify the signs and symptoms of common health and fitness issues. (CLO 4)
 5. The student will be able to explain the importance of safety in health and fitness. (CLO 5)

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

7. The student will be able to explain the importance of nutrition in health and fitness. (CLO 2)

8. The student will be able to describe the role of exercise in health and fitness. (CLO 3)

9. The student will be able to identify the signs and symptoms of common health and fitness issues. (CLO 4)

10. The student will be able to explain the importance of safety in health and fitness. (CLO 5)

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

12. The student will be able to explain the importance of nutrition in health and fitness. (CLO 2)

13. The student will be able to describe the role of exercise in health and fitness. (CLO 3)

Career Technical Pathways

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4. The student will be able to identify the signs and symptoms of common health and fitness issues. (CLO 4)

5. The student will be able to explain the importance of safety in health and fitness. (CLO 5)

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