Health And Fitness/Elementary Or Secondary Major, BAE

**Student Learning Outcomes**

**Students will:**

- understand health/physical education content and disciplinary concepts related to the development of a healthy/physically educated person;

- understand how individuals learn and develop, and provide opportunities that support physical, cognitive, social and emotional development;

- understand how individuals differ in their approaches to learning and create appropriate instruction adapted to these differences;

- use and have an understanding of individual and group motivation and behavior to create a safe learning environment that encourages positive social interaction, active engagement in learning, and self-motivation;

- use knowledge of effective verbal, nonverbal, and media communication techniques to enhance learning and engagement;

- understand the importance of planning developmentally appropriate instructional units to foster the development of a healthy/physically educated person.