**Student Learning Outcomes - RecSports**

RecSports – Students will develop a life-long appreciation for various recreation, fitness, and sports related activities intended for a diverse population and conducive to maximizing holistic wellness.

- Divisional Alignment – *Healthy Living*
- CAS Alignment – *Practical Competence*

Informal Recreation – Students will learn how to recreate, exercise, and socialize without structured guidance or instruction.

- Divisional Alignment – *Healthy Living/ Self-Knowledge*
- CAS Alignment – *Practical Competence/ Intrapersonal Development*

Aquatics – Students will improve their ability to swim as well as feel confident in an aquatic-based environment.

- Divisional Alignment – *Healthy Living/Self-Knowledge*
- CAS Alignment – *Practical Competence/Intrapersonal Development*

Intramural Sports – Students will develop teamwork skills by cooperating within self-organized groups intended to compete with integrity and civility.

- Divisional Alignment – *Communication/Leadership/Intercultural Competence*
- CAS Alignment – *Interpersonal Competence*

Sport Clubs – Students will learn organizational skills that will provide leadership opportunities within a collegial environment while honorably representing a larger entity in a recreational arena.

- Divisional Alignment – *Communication/Leadership/Intercultural Competence*
- CAS Alignment – *Interpersonal Competence*

Fitness – Students will expand their knowledge of various exercise techniques while improving their cardiovascular health and muscular strength and endurance.

- Divisional Alignment – *Healthy Living*
- CAS Alignment – *Practical Competence*

Outdoor Recreation – Students will develop technical skills related to a variety of outdoor-based recreational activities while being exposed to challenging elements present in the natural world.

- Divisional Alignment – *Self-Knowledge*
- CAS Alignment – *Intrapersonal Development*

Employment – Students will develop critical thinking skills while being exposed to extrinsic factors inherent to a professional environment.

- Divisional Alignment – *Practical Competence*
- CAS Alignment – *Cognitive Complexity*