



Division:	Discipline/Program/Department:	Contact Person:
Math & Sciences	Health & Exercise Science	Wolf, Scott

Mission Statement

The mission of the Health & Exercise Science Department at Southwestern Illinois College is to increase the knowledge, skills, and abilities of individuals to improve wellbeing with opportunities and assistance in pursuing health and leisure activity through life-long learning that enhances quality of life.

Program/Discipline Curriculum Map

I = Introduce: Student is first exposed to the concept/idea and is requested to apply the concept in a limited scope.
E = Emphasize: Student applies concept(s) in varying/multiple situations of greater complexity than when initially introduced.
R = Reinforce: Student may be expected to understand the concept upon taking the course and utilizes the concept in conjunction with other concepts/ideas to solve problems.

[illegible]

[illegible]

Core Competency Map