

Course ILOs for Approved Common Core Courses (Subject Code: HLTH)

Course Code, Title and Course ILOs	Weighting	Area(s)
HLTH 1010 Healthy Lifestyle		HL
CILO 1 Articulate the tips and resources for personal development and better transitions into university life at HKUST	10%	
CILO 2 Identify their physical and wellness performance and the importance of holistic development	10%	
CILO 3 Identify techniques to enhance their personal growth and wellness development through participation in community service, or workshops and seminars on different holistic development topics relevant to their own development plan	40%	
CILO 4 Demonstrate their basic knowledge and skills about fitness, sports, and physical training and workouts	40%	

Updated as at 20 August 2014