

Print Date: 8/7/14

**Course Objectives/Course Outline**  
**Spokane Community College**

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**Course Title:** Fitness for Life

**Prefix and Course Number:** PE 100

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**Course Learning Outcomes:**

**By the end of this course, a student should be able to:**

- Possess a basic understanding of a wellness and fitness program built for all ages.

**Course Outline:**

- I. Introduction
  - A. Proper Methods
  - B. Techniques
  - C. Establishing an Individualized personal wellness and fitness program.
- II. Personalized Inventory
  - A. Appraisal of current fitness level
  - B. Fitness options available
  - C. Cardiovascular endurance
  - D. Weight Control
  - E. Strength
  - F. Flexibility