

Print Date: 8/7/14

Course Objectives/Course Outline
Spokane Community College

Course Title: Beginning Body Conditioning

Prefix and Course Number: PE 177

Course Learning Outcomes:

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

- Be able to identify a variety of activities that lead to overall improvement of body conditioning.

Course Outline:

- I. Body Conditioning
 - A. Weight Training
 - B. Walking
 - C. Jogging
 - D. Calisthenics
 - E. Organized physical activities
 - F. Improved cardiovascular functions