

Course Objectives/Course Outline
Spokane Community College

Course Title: Fast Fitness, Beginning

Prefix and Course Number: PE 186

Course Learning Outcomes:

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

- Students will be able to demonstrate appropriate body alignment and technique for fitness.
- Students will understand the physiological importance of warm-up and cool-down exercises and explain their relationship to the cardiovascular and musculoskeletal systems.
- Students will understand the significance of heart rate monitoring as it relates to their fitness level.
- Students will be able to modify fitness movements to accommodate their fitness level.
- Students will understand the components of a fitness program.
- Students will develop increased fitness levels.
- Students will develop an appreciation toward fitness activity as a means of lifetime wellness.

Course Outline:

- I. Introduction-What is Fast Fitness?
 - A. Basic Components of Fitness.
- II. Goals and Program Development
 - A. Introduction of Syllabus.
- III. Introduction and Overview of Assessment Procedures.
- IV. Physical fitness Pre-Assessment as Selected from below:
 - A. Resting Heart Rate
 - B. Training Heart Rate
 - C. Three-Minute Step Test (recovery rate)
 - D. Body Composition
 - E. Testing