

Course Objectives/Course Outline
Spokane Community College

Course Title: Basic Fitness I

Prefix and Course Number: PE 188

Course Learning Outcomes:

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

- Execute an effective warm-up and cool-down for their individual fitness level
- Monitor the intensity of their effort by using the “talk test,” target heart rate guide and rating of perceived exertion
- Describe four modifications of their own workout for effective pacing and appropriate intensity levels.
- List four movements with proper form for effectiveness and injury prevention
- Develop, maintain or increase flexibility for optimal range of motion and injury prevention
- Demonstrate the usage of “fat finders” calculator
- Describe four strength training movements with emphasis on proper form and techniques
- Develop an exercise program that will meet the needs of their own life situation and goals
- Maintain a detailed diet diary for five days and evaluate the proper intake of the four food groups
- Prepare a sound nutritional program designed to meet their individual daily requirement for caloric intake and nutrient content..

Course Outline:

- I. Introduction
 - A. Health History
 - B. Course Overview
 - C. Required Equipment
 - D. Individual Fitness Levels
- II. Fitness Assessments
 - A. Rockport Walk Test
 - B. Abdominal Strength and Endurance
 - C. Upper Torso Strength and Endurance
- III. Getting Started
- IV. The Sport Principle
- V. Health Clubs
- VI.