

Course Objectives/Course Outline
Spokane Community College

Course Title: Cooperative Education Experience

Prefix and Course Number: PE 267

Course Learning Outcomes:

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

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Course Outline:

- I. Course orientation
 - A. Explanation of syllabus and learning outcomes
 - B. Overview of class, including grading format and expectations
- II. Health screening review
 - A. Risk Assessment
 - B. Blood pressure
 - C. Health screening tools
- III. Goal setting review
- IV. Fitness assessment review
 - A. Protocols
 1. Body composition
 2. Muscular Strength
 3. Muscular Endurance
 4. Flexibility
 5. Cardiovascular endurance
 - B. Interpreting results
- V. Program design review
 - A. Variables
 - B. Rough draft evaluation
- VI. Personal training sessions
- VII. Follow up fitness testing
- VIII. Trainer evaluation by client