

Print Date: 8/6/14

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

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**Course Title:** Advanced Body Conditioning

**Prefix and Course Number:** PE 277

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**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