

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

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**Course Title:** Fast Fitness, Advanced

**Prefix and Course Number:** PE 286

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**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