

Course Objectives/Course Outline
Spokane Community College

Course Title: Cross-Training

Prefix and Course Number: PE 287

Course Learning Outcomes:

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

- Students will be able to describe the basic training principles of cross-training activity.
- Students will be able to demonstrate a thorough understanding of and proper training techniques with selectorized resistance equipment and contemporary aerobic apparatus.
- Students will be able to describe the components of balanced, baseline fitness as it relates to the five areas of health-related physical fitness.
- Students will be able to describe elementary assessment procedures for testing each of the five health-related physical fitness components.
- Students will develop increased fitness levels.
- Students will develop an appreciation toward the use of diversified activity (cross-training) as a means of life-time fitness and wellness.
- Students will develop a knowledge base as a means of daily diet analysis. .
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Course Outline:

- I. Introduction to Cross Training
 - A. Concepts Related to Cross Training
 1. Assessment and goal setting
 2. Exercise and nutrition prescription
 3. Educational and motivational components
 4. Reevaluation and feedback
 - B. Principles of Physical Training
 1. Overload principle
 2. F.I.T. principle
 3. Detraining
 - C. Written Examination
 1. Basic components of Fitness and Health
 2. Definitions of Terms
 3. Understanding concepts