

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

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**Course Title:** Basic Fitness I

**Prefix and Course Number:** PE 288

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**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. Effective Workouts
  - A. Warm-up
  - B. Cool-down
  - C. Target Heart Rates
  - D. Weight Management
- II. Aerobic Exercise
  - A. Personal needs and goals
  - B. Developing Personal Weight Training Routines
- III. Stretching
- IV. Food Groups
  - A. Food Consumption
  - B. Formulating Personal Menu
  - C. Tracking Progress