

Spokane Falls Community College
COURSE LEARNING OUTCOMES

Prefix and Course Number: FMT 111
Course Title: Physiology of Exercise
Version Date: 05/24/2019

Course Learning Outcomes

Upon successful completion of the course, the student will be able to:

1. Describe how the muscular system functions: the sliding filament theory and nervous system control.
2. Explain the processes of adaptation that occurs from strength training on the muscular and nervous system.
3. Describe the development of muscle fatigue, muscle soreness, and muscle cramping.
4. Examine the role of the endocrine system as it relates to stress, exercise, and nutrition.