

**Spokane Falls Community College**  
**COURSE LEARNING OUTCOMES**

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**Prefix and Course Number:** FMT112  
**Course Title:** Special Considerations in Exercise  
**Version Date:** 05/24/2019

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**Course Learning Outcomes**

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

1. Design a strength and flexibility exercise program with modifications for specific populations such as pregnant women, older adults, kids, and the obese.
2. Describe the psychological barriers that various populations and individuals in a variety of conditions.
3. Identify intervention techniques for specific populations.
4. Demonstrate proper exercise techniques with modifications for various populations and individuals in a variety of conditions.