

Spokane Falls Community College  
**COURSE LEARNING OUTCOMES**

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**Prefix and Course Number:** FMT 119  
**Course Title:** Principles of Strength  
**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. Describe in detail adaptations to the neuromuscular system, bones, and tendons to strength training.
2. Demonstrate and teach the proper exercise techniques using both free weight and machines.
3. Outline a strength program based on individual physical differences and personal goals.
4. Describe the variety of training systems used to increase power, strength, and muscular endurance.