

Spokane Falls Community College  
**COURSE LEARNING OUTCOMES**

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**Prefix and Course Number:** FMT 204  
**Course Title:** Health Appraisal and Exercise Prescription  
**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. Select and administer fitness tests by reviewing health history data and client goals.
2. Analyze and interpret data in order to establish baseline fitness level and design an exercise program.
3. Demonstrate the proper exercise technique.