

Spokane Falls Community College
COURSE LEARNING OUTCOMES

Prefix and Course Number: FMT 225
Course Title: Personal Training
Version Date: 05/24/2019

Course Learning Outcomes

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

1. Design comprehensive strength, cardiovascular and flexibility programs.
2. Demonstrate proper lifting technique on basic machines and free weight exercises.
3. Discuss legal issues for the trainer.
4. Explain the various assessments used to measure fitness.