

Spokane Falls Community College  
**COURSE LEARNING OUTCOMES**

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**Prefix and Course Number:** HLTH 270  
**Course Title:** Nutrition for Fitness  
**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. Analyzing the three macro nutrients.
2. Investigate various strategies for incorporating healthy eating habits.
3. Identify strategies for fat loss and muscle gain.
4. Defining human energy expenditure.