

Spokane Falls Community College
COURSE LEARNING OUTCOMES

Prefix and Course Number:	PE 139
Course Title:	Beginning Weight Training
Version Date:	09/20/2019

Course Learning Outcomes

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

1. Perform a one repetition max (1 rm) test for one or more multi-joint free weight exercise(s)
2. Demonstrate safe and effective lifting technique for various basic free weight exercises
3. Create a basic free weight workout