

**Spokane Falls Community College**  
**COURSE LEARNING OUTCOMES**

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<b>Prefix and Course Number:</b>	<b>PE 186</b>
<b>Course Title:</b>	<b>Beginning Fast Fitness</b>
<b>Version Date:</b>	<b>9/20/2019</b>

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**Course Learning Outcomes**

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

1. List and describe the leading myths related to physical fitness
2. Create a basic fitness circuit workout
3. Perform at least 14 hours of exercise
4. Create a fitness assessment to include body composition, cardiovascular fitness and muscular strength