

Spokane Falls Community College
COURSE LEARNING OUTCOMES

Prefix and Course Number:	PE 187
Course Title:	Beginning Cross Training
Version Date:	9/20/2019

Course Learning Outcomes

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

1. Create a multi week periodized workout plan
2. Define the various modalities attributed to cardiovascular and muscular fitness
3. Perform at least 28 hours of physical fitness exercise
4. Create a fitness assessment to include body composition, cardiovascular fitness and muscular strength