

Spokane Falls Community College
COURSE LEARNING OUTCOMES

Prefix and Course Number:	PE 239
Course Title:	Advanced Weight Training
Version Date:	9/20/2019

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 techniques for various advanced free weight exercises
3. Create a multi week periodized workout plan utilizing free weights