

Spokane Falls Community College
COURSE LEARNING OUTCOMES

Prefix and Course Number:	PE 286
Course Title:	Advanced Fast Fitness
Version Date:	9/20/2019

Course Learning Outcomes

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

1. List and describe the physiological adaptations related to physical fitness
2. Perform at least 14 hours of exercise
3. Create a personalized workout plan that aligns with fitness goals
4. Create a fitness assessment to include body composition, cardiovascular fitness and muscular strength