

Spokane Falls Community College
COURSE LEARNING OUTCOMES

Prefix and Course Number:	PE 287
Course Title:	Advanced 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 utilizing both cardiovascular and muscular fitness modalities
2. List and describe the physiological adaptations related 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