

PED 117 : Weight Training I

This course introduces the basics of weight training. Emphasis is placed on developing muscular strength, muscular endurance, and muscle tone. Upon completion, students should be able to establish and implement a personal weight training program.

Credits 1

Class Hours 0

Lab Hours 3

Clinical Experience Hours 0

Notes

This course has been approved for transfer under the CAA as a pre-major and/or elective course requirement.
This course has been approved for transfer under the ICAA as a pre-major and/or elective course requirement.