

## PED 118 : Weight Training II

This course covers advanced levels of weight training. Emphasis is placed on meeting individual training goals and addressing weight training needs and interests. Upon completion, students should be able to establish and implement an individualized advanced weight training program.

**Credits** 1

**Class Hours** 0

**Lab Hours** 3

**Clinical Experience Hours** 0

**State Prerequisite Courses**

[PED 117](#)

### **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.