

HHP 034 Weight Training

1 hour

Majors, Minors & Degrees:

Majors

Health and Fitness Studies (B.S.)
Health and Physical Education (B.S.)
Physical Education (B.S.)

Departments/Programs:

Health and Human Performance

A course designed to help students develop a healthier lifestyle through weight training. The course includes information on proper technique and training program organization. Safety is emphasized and there are no strength standards. May be repeated for a maximum of 2 credit hours.

Pass/Fail only.