

**Course:**

**HHP 1040 Weight Training**

1 hour

**Majors, Minors & Degrees:**

**Majors**

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.