**Nebraska Wesleyan University**

# HHP 1040 Weight Training

## Catalog

2018-2019

## Course Description

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.
(Normally offered each spring semester.)

## Course Hours

1 hour

## Departments

1. Health and Human Performance