

## **HHP 1040 Weight Training**

### **Catalog**

2026-2027

### **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 fall semester.)

### **Course Hours**

1 hour

### **Departments/Programs**

1. Health and Human Performance (Undergraduate)