

PE 162 : Weight Training

Credits 1

Quarter Offered Fall, Winter, Spring

Fundamentals of strength training with emphasis on proper lifting techniques, development of individualized workout programs, knowledge of muscles in the body, and proper use of machines and equipment. This class may be repeated up to three times for a total of three credits. This class may include students from multiple sections. (Elective)

Course Outcomes

Learn and apply the fundamentals of weight training, i.e. warm-up, stretching and proper lifting technique.

Identify the basic muscle groups and determine how best to strengthen and tone them.

Demonstrate increased knowledge of strength training and proper health and fitness practices.

Identify and develop habits that can lead to a life of good health and fitness.