## PED 103: Weight Training (Beginning)

This course introduces the basics of weight training. Emphasis is placed on developing muscular strength, muscular endurance, and muscle tone. Upon completion, students should be able to establish and implement a personal weight training program.

Credits: 1

Transfer Code: Code C

**Lab Hours:** 2 **Lecture Hours:** 0

**Program:** Physical Education

**Semester Offered:** 

Spring Summer Fall

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