

# PED 104: Weight Training (Intermediate)

This course covers advanced levels of weight training. Emphasis is on meeting individual training goals and addressing weight training needs and interests. Upon completion, students should be able to establish and implement an individualized advanced weight training program.

**Credits:** 1

**Transfer Code:** Code C

**Lab Hours:** 2

**Lecture Hours:** 0

**Program:** Physical Education

**Semester Offered:**

Spring

Summer

Fall