

HPER 152 : Weight Training

Credits: 1

Class Hours: 2 lecture/lab

Description: This course introduces the student to principles of weight training, understanding the muscles used in exercises, the benefits of training, and the application of proper lifting mechanics. Workouts will be given by the instructor with an emphasis on conditioning, experiencing different types of training, and developing one's own personal lifting program, which will be implemented towards the end of the course.

Semester Offered: Fall, Spring

Course Student Learning Outcomes (CSLOs):

1. Demonstrate the correct and safe movement in weight training exercises.
2. Identify the benefits of weight training.
3. Write and implement a personal training program based on individual fitness goals.
4. Demonstrate improvement in both muscular strength and endurance through weight training.