## PED 103: Weight Training (Beginning)

This course introduces the basics of strength 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: Transfer Code

Code C

Lab Hours: 2 Lecture Hours: 0 Prerequisites:

None

**Co-Requisites:** 

None