

PED 104: Weight Training (Intermediate)

This course covers advanced levels of strength training. Emphasis is placed 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: Transfer Code

Code C

Lab Hours: 2

Lecture Hours: 0

Prerequisites:

None

Co-Requisites:

None