

EXSS 197: WEIGHTLIFTING FOR FITNESS/PERFOR (P)

This course requires students to develop the knowledge, skills, and abilities of both common free weight as well as advanced Olympic weightlifting techniques. In addition, students are introduced to proper preparation and warm-up for strength and conditioning programs. At the completion of this course students will demonstrate understanding and application of proper weightlifting techniques. This course involves significant exercise.

Credits: 1

Department: [Exercise Science](#)