

PHE 197: ADVANCED WEIGHT TRAINING

This course builds upon the knowledge, skills, and abilities started in PHE 142 Weight Training. Students taking this course must complete PHE 142, or be prepared to demonstrate sufficient knowledge, skills, and abilities of proper weightlifting techniques and application in order to take this course. The course will familiarize students with advanced methods of weight training—how and when to use these methods, and how to sustainably train with these exercises. Pre-requisites: PHE 142 or permission of the instructor.

Credits: 0.5

Department: Physical and Health Education