

## Strength Training I - PE171

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**Section:** PE171 011232S Main Campus

**Section Type:** Lecture

**Credit Hours:** 1.00

**Course Description:** Goal identification and introduction to weight equipment and exercises. Instruction and practice in proper weight training techniques on a variety of equipment.

**WHEN**

Days: M W

Times: 11:30 AM - 12:30 PM

Start Date: 01/08/2024

End Date: 05/01/2024

**WHERE**

Campus: Main Campus

Building: Sports Arena

Room: SA118

**INSTRUCTOR**

GENERAL STAFF

**BOOKS**

No textbooks for this course.