

Strength Training IV - PE209

Section: PE209 011232S Main Campus

Section Type: Lecture

Credit Hours: 1.00

Course Description: Continuation of PE208. Goal identification and advanced level weight training. 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.