

Physical Education: Weight Training (PEW)

Courses

PEW 199. Special Studies: [Topic]. 1-2 Credits.

Repeatable.

Repeatable 99 times

PEW 211. Weight Training I. 1 Credit.

Repeatable. Technique for basic lifts in a variety of workout formats.

Develop strength and muscular endurance. Weight training principles and physical fitness evaluation. Repeatable once for a maximum of 2 credits.

Repeatable 1 time for a maximum of 2 credits

Additional Information:

General Limitation applies: Activity Course

PEW 212. Weight Training II. 1 Credit.

Repeatable. Advanced weight training exercises are introduced. Students can expect to work more independently. Intermediate program design, exercise science, and evaluation of strength and muscular endurance.

Repeatable once for a maximum of 2 credits.

Requisites: Prereq: PEW 211 or equivalent.

Repeatable 1 time for a maximum of 2 credits

Additional Information:

General Limitation applies: Activity Course

PEW 399. Special Studies: [Topic]. 1-2 Credits.

Repeatable.

Repeatable 99 times