

## PE1141 - Introduction to Strength Training

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| Credits:           | 1 (0/1/0)   |
| Description:       | This course is an introduction to weight lifting, weight room safety, periodization, energy systems, nervous system, muscular system and how this information is used to formulate a weight training program as a means to achieve muscular strength, muscular endurance, tone or size. This class may be repeated once for credit. |
| Prerequisites:     |   |
| Corequisites:      |   |
| Pre/Corequisites*: |   |
| Competencies:      | <ol style="list-style-type: none"><li>1. Perform various weight lifting exercises with proper technique.</li><li>2. Analyze acute variables within their weight lifting program to attain their desired goals.</li><li>3. Accurately record their physical improvement.</li></ol>   |
| MnTC goal areas:   | None  |

*\*Can be taking as a Prerequisite or Corequisite.*