PE1141 - Introduction to Strength Training

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:	1. Perform various weight lifting exercises with proper technique. 2. Analyze acute variables within their weight lifting program to attain their desired goals. 3. Accurately record their physical improvement.
MnTC goal areas:	None

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

© 2026 Minnesota State Community and Technical College.
We reserve the right to periodically update information without notice.
The information in this publication should not be regarded as contractual in nature.