

## 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:	<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.*