Physical Education: Weight Training (PEW)

Courses

PEW 199. Special Studies: [Topic]. 1-2 Credits.
Experimental course - topic varies.
Repeatable 99 times
Additional Information:
General Limitation applies: Activity Course

PEW 211. Weight Training I. 1 Credit.
Technique for basic lifts in a variety of workout formats. Develop strength and muscular endurance. Weight training principles and physical fitness evaluation.
Repeatable 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

PEW 212. Weight Training II. 1 Credit.
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.
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.
Experimental course - topic varies.
Repeatable 99 times
Additional Information:
General Limitation applies: Activity Course