

# **PED-118 : Weight Training II**

**Credits** 1

**Lab** 3

**Lecture** 0

**Clinical/WkExp** 0

**State Prerequisites**

[PED-117: Weight Training I](#)

**Session Cycle**

Fall & Spring

**Description**

This course covers advanced levels of weight training. Emphasis is placed on meeting individual training goals and addressing weight training needs and interests. Upon completion, students should be able to establish and implement an individualized advanced weight training program.