

# HHPL 011: Strength Training

Students are provided with the opportunity to learn and develop a working knowledge of basic exercise science concepts related to strength training and related techniques and skills needed for weight training and the more general concepts of Strength Training. The students will participate in class guided physical activity focused on strength training, program design, discuss nutrition as it relates to strength training and provide them with the knowledge to build healthier bodies. stay fit and strong throughout their life.

**Credits:** 1

**Program:**

## Health, Human Perform. & Leisure Studies

### COURSE DESCRIPTIONS

**Essential Learning Outcomes:** ELO #7: Comprehensive Wellness Practices