COURSE DETAIL

WEIGHT TRAINING
Country Korea, South
Host Institution Yonsei University
Program(s) Yonsei University
UCEAP Course Level Lower Division
UCEAP Subject Area(s) Physical Activities
UCEAP Course Number 38
UCEAP Course Suffix
UCEAP Official Title WEIGHT TRAINING
UCEAP Transcript Title WEIGHT TRAINING
UCEAP Quarter Units 0.50
UCEAP Semester Units 0.30

Course Description

In this class, students acquire systematic knowledge of weight training and learn scientific and safe resistance exercise skills. Various types of exercise methods, equipment use, related muscle use (anatomical approach), a variety of skills, and exercise analysis are covered.

Language(s) of Instruction
Korean

Host Institution Course Number
SLS2231

Host Institution Course Title
WEIGHT TRAINING

Host Institution Course Details

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed
2022-2023

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