

## 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 Campus

### Host Institution Faculty

### Host Institution Degree

### Host Institution Department

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