

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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