COURSE DETAIL

FITNESS AND HEALTH: WEIGHT TRAINING
Country Korea, South
Host Institution Korea University
Program(s) Korea University
UCEAP Course Level Lower Division
UCEAP Subject Area(s) Physical Education
UCEAP Course Number 7
UCEAP Course Suffix
UCEAP Official Title FITNESS AND HEALTH: WEIGHT TRAINING
UCEAP Transcript Title WEIGHT TRAINING
UCEAP Quarter Units 0.50
UCEAP Semester Units 0.30

Course Description

This physical activity course covers weight training. Based on sports science, students learn the principles and effects of weight training. Students design a training program that suits their individual goals and level and perform exercises with the correct posture and method.

Language(s) of Instruction
Korean

Host Institution Course Number
PHEK813

Host Institution Course Title
FITNESS AND HEALTH: WEIGHT TRAINING

Host Institution Course Details
https://sugang.korea.ac.kr/

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed
2025-2026

Print