

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

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