

COURSE DETAIL

WEIGHT TRAINING

Country

Korea, South

Host Institution

Seoul National University

Program(s)

Seoul National University

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Physical Activities

UCEAP Course Number

6

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

This physical activity course covers physical strength and the importance of physical training in modern society. Students create a physical training program suitable for themselves and cultivate the basic capacity by following the program, training each part of the body. Training and lectures will be provided so that students can apply scientific principles and exercise prescriptions for building up stamina. The course also focuses on understanding the effect of physical strength.

Language(s) of Instruction

Korean

Host Institution Course Number

E43.118

Host Institution Course Title

WEIGHT TRAINING

Host Institution Course Details

<https://sugang.snu.ac.kr/>

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Course Last Reviewed

2025-2026

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