SYLLABUS FOR PE 147 STRENGTH TRAINING

Strength Training 147
Monday/Wednesday 10:20-11:10am
ARC Fitness Center
Spring 2005

Faculty: Edward E. Little, Professor
Department Physical Education
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Course Objectives
Strength Training 147 is a course that is designed to introduce Weight Training Techniques and theories to the beginner, and the practical use of the Fitness Center. I use a program that is very vanilla in nature, but can be modified to meet the Objectives of the individual students. There are times when the student can develop Their own workout based upon their objectives, and what they are trying to achieve Through a weight training program. At the end of the course the students move on To the next level course 247 Strength Training.

Textbook Required:
None

Course Requirements:
1. The students grade is based solely on attendance, and nothing on ability.
2. Proper attire is required
3. Follow the rules that have been established for the Fitness Center

Evaluation:
The course is graded Pass/Fail, and attendance is the primary method used to Issue a grade.