Administrative Unit: Education Department
Course Prefix and Number: PHED 108
Course Title: Beginning Weight Training and Conditioning

**DIGITAL DESCRIPTIONS**

<table>
<thead>
<tr>
<th>STUDENT DESCRIPTION:</th>
<th>PAY-HOUR DESCRIPTION:</th>
</tr>
</thead>
<tbody>
<tr>
<td># Cr Hrs</td>
<td># Lec Hrs</td>
</tr>
<tr>
<td>.05</td>
<td>0</td>
</tr>
</tbody>
</table>

Catalog Description: An activity class designed to improve total fitness through weight training and aerobic activity.

Prerequisites/Corequisites: None.

Text: None.

Course Objectives: The development of basic skills, terminology, and procedures of weight training and fitness levels to encourage the participation of weight training as a lifetime activity.

Topical Outline: 1- Basic skill development, 2- terminology, 3- safety procedures, 4- participation.

Recommended maximum class size for this course: 15

Prepared by: Robert Burchard

Date: July 18, 1994

**NOTE:** The intention of this master course syllabus is to provide a general outline of the contents of this course, as specified by the faculty of Columbia College, regardless of who teaches the course, when it is taught, or where it is taught. This generic outline is not intended to restrict the way any individual faculty member teaches the course. The master syllabus, therefore, should be general enough to allow for a diversity of individual approaches to teaching the course, while at the same time it provides guidance on what the course should cover.