

## SYLLABUS FOR PE 147 STRENGTH TRAINING

Strength Training 147  
Monday/Wednesday 11:30-12:20  
ARC Fitness Center  
Fall 2006

Faculty: Edward E. Little, Professor  
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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.