RESISTANCE TRAINING METHODS_

EXS 102 Resistance Training Methods 3.0 UNITS

This course introduces students to simple and complex movements using free weights and machines. Students learn the principles underlying strength training and its relationship to human movement patterns. Students learn how to design personal resistance training programs that safely strengthen musculature. Lab activities apply lecture material and focus on safe and effective resistance training principles, basic functional anatomy, muscular strength and endurance, and basic nutrition.