



Course Syllabus

PE102 18194 - W25 - Strength Training

 Switch To Dark Mode

Possible evaluation methods

Attendance; Class Participation; Exams/Tests;

 Dashboard

 Calendar

 ⁵To Do

 Notifications

 Inbox



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Through lecture, demonstration, and participation this course introduces students to the concepts of strength training. Exploring the interplay between the nervous, energy, and musculo-skeletal systems. Examine the anatomical and physiological effects and benefits of a regular strength training program. From the exposure to strength training

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training program. From the exposure to strength training concepts design and assemble the essential components of a sound strength training program for both short term and long term results.

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PE 102 Strength Training / Winter 2025

2 Credits

PAV 106

M/W 1:00 to 2:20PM

Faculty: Tiffany Morton

tmorton@whatcom.edu

Office: PAV 123

Required Text: none // **Required Resource:**
Access and understanding of Canvas LMS

Course description

Activity and theory based course int