

**NorthWest Arkansas Community College Division of Social and  
Behavioral Sciences, Education and  
Wellness, Legal and Protective Services**

**PEAC 1661 (Weight Training)**

**Catalog Description:**

Instruction in and practice of the basic skills of weight training with an emphasis on muscular strength and endurance.

**Prerequisites:**

None

**Credit hours/Contact hours/Load hours:**

1/1/1

**Course Objectives:**

Upon the completion of this course, the student should be able to:

- Increase understanding of the importance of fitness as a valuable lifetime activity.
- Improve general fitness, build personal fitness goals, and feel better about yourself.
- Become familiar to the best days and times to reliably complete your workouts.
- Learn proper usage of fitness equipment and safety methods.