

2019-2020 TTC Catalog

SFT 105 Fitness Assessment and Exercise Program Design

Lec: 3.0 Lab: 0 Credit: 3.0

This course is an introduction to the field and laboratory techniques used to evaluate the major components of health-related fitness. Principles of exercise are applied to develop safe, individualized exercise programs for apparently healthy individuals and special populations.

Prerequisite

SFT 101

and

SFT 130

and

SFT 107

Course Offered

Spring

Grade Type

Letter Grade

Division

Health Sciences