2019-2020 TTC Catalog

SFT 125 Personal Training Techniques

Lec: 3.0 Lab: 0 Credit: 3.0

This course is a study of personal training programming concepts, training methodology and business practices. Creative program design, motivation strategies, appropriate assessment techniques, communications and interpersonal skills, training styles, and client expectation issues are explored.

Prerequisite

SFT 101

SFT 107

and

SFT 130

Course Offered

Spring

Grade Type

Letter Grade

Division

Health Sciences