

# 2019-2020 TTC Catalog

## SFT 121 Medical Exercise

Lec: 2.0 Lab: 3.0 Credit: 3.0

This course addresses exercise for special populations: orthopedic (pre- and post-surgical), neurological, rehabilitation of cardiac and chronic diseases/disorders, using conditioning exercises for prevention of such.

### **Prerequisite**

SFT 101

SFT 107

and

SFT 130

### **Course Offered**

Spring

### **Grade Type**

Letter Grade

### **Division**

Health Sciences