

# 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