

2020-2021 TTC Catalog

SFT 110 Weight Training - Theory and Application

Lec: 2.0 Lab: 3.0 Credit: 3.0

This course is a study of the instructional techniques and skill development in progressive, resistance and strength training. Anatomical, physiological and biomechanical principles are studied and applied to design effective programs for individuals and groups.

Course Offered

Fall

Spring

Grade Type

Letter Grade

Division

Health Sciences