

2020-2021 TTC Catalog - Sports Fitness Training (SFT)

SFT 104 - Anatomy and Physiology for Fitness Professionals

Lec: 2.0 **Lab:** 3.0 **Credit:** 3.0

Course Offered

Fall
Spring

This course is a study and application of anatomy and physiology, focusing on the systems that the fitness professional needs the most. The cardiovascular, respiratory, muscular, and skeletal systems will be discussed in lecture and laboratory settings.

Grade Type: Letter Grade

Division: Health Sciences

SFT 109 - Lifetime Fitness and Wellness

Lec: 2.0 **Lab:** 3.0 **Credit:** 3.0

Course Offered

Fall
Spring

This course is a study of the foundation of the fitness/wellness series and introduces students to the theory and principles upon which the concepts of lifetime fitness and wellness are based.

Grade Type: Letter Grade

Division: Health Sciences

SFT 110 - Weight Training: Theory and Application

Lec: 2.0 **Lab:** 3.0 **Credit:** 3.0

Course Offered

Fall
Spring

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.

Grade Type: Letter Grade

Division: Health Sciences

SFT 125 - Personal Training Techniques

Lec: 3.0 **Lab:** 0 **Credit:** 3.0

Course Offered

Fall

Spring

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 104

Grade Type: Letter Grade

Division: Health Sciences
