

2020-2021 TTC Catalog

SFT 104 Anatomy and Physiology for Fitness Professionals

Lec: 2.0 Lab: 3.0 Credit: 3.0

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.

Course Offered

Fall

Spring

Grade Type

Letter Grade

Division

Health Sciences