

# 2021-2022 TTC Catalog

## SFT 109 Lifetime Fitness and Wellness

Lec: 2.0 Lab: 3.0 Credit: 3.0

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.

### **Course Offered**

Fall

Spring

### **Grade Type**

Letter Grade

### **Division**

Health Sciences