

# 2021-2022 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 104

### **Course Offered**

Fall

Spring

### **Grade Type**

Letter Grade

### **Division**

Health Sciences