

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