

2021-2022 TTC Catalog

Fitness Specialist

Certificate in Applied Science 12 Credit Hours

The Fitness Specialist certificate provides entry- level training for the fitness industry. Graduates will be qualified to work in gyms, commercial and corporate fitness centers and provide aerobics, cardio, weight training, wellness and personal fitness training services.

Major Requirements

SFT 104 Anatomy and Physiology for Fitness Professionals 3
SFT 109 Lifetime Fitness and Wellness 3
SFT 110 Weight Training: Theory and Application 3
SFT 125 Personal Training Techniques 3

Total: 12

Admission Requirements

The student must meet the college's general admission requirements, including submission of official high school and college transcripts.

Course Progression

In order to progress to the next term, students must do the following:

1. Earn a grade of C or better in all SFT courses required for the program
2. Earn a satisfactory grade of S on all professional development evaluations.