2018-2019 TTC Catalog

SFT 105 Fitness Assessment and Exercise Program Design

Lec: 3.0 Lab: 0 Credit: 3.0

This course is an introduction to the field and laboratory techniques used to evaluate the major components of health-related fitness. Principles of exercise are applied to develop safe, individualized exercise programs for apparently healthy individuals and special populations.

Prerequisite

SFT 101 and SFT 130 and SFT 107 **Course Offered** Spring **Grade Type** Letter Grade **Division** Health Sciences