

# 2018-2019 TTC Catalog

## SFT 107 Nutrition for Fitness and Training

Lec: 3.0 Lab: 0 Credit: 3.0

This course provides an overview of the basic principles of nutrition and weight management with particular application to fitness and sport. The focus is on optimal wellness and disease prevention.

### **Course Offered**

Fall

### **Grade Type**

Letter Grade

### **Division**

Health Sciences