

# 2018-2019 TTC Catalog

## SFT 130 Aerobics Instructor Training

Lec: 1.0 Lab: 6.0 Credit: 3.0

This course is designed to develop methods, techniques and skills to safely lead class sessions in aerobic dance exercise.

### **Course Offered**

Fall

### **Grade Type**

Letter Grade

### **Division**

Health Sciences