

# 2018-2019 TTC Catalog - Sports Fitness Training (SFT)

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## **SFT 101 - Introduction to Exercise Physiology**

**Lec:** 3.0 **Lab:** 0 **Credit:** 3.0

This course is a study of the concepts of exercise physiology and motor control.

### **Prerequisite**

BIO 112

**Grade Type:** Letter Grade

**Division:** Health Sciences

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## **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

**Grade Type:** Letter Grade

**Division:** Health Sciences

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## **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.

**Grade Type:** Letter Grade

**Division:** Health Sciences

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## **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.

**Grade Type:** Letter Grade

**Division:** Health Sciences

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## **SFT 110 - Weight Training: Theory and Application**

**Lec:** 2.0 **Lab:** 3.0 **Credit:** 3.0

This course is a study of the instructional techniques and skill development in progressive, resistance and strength training. Anatomical, physiological and biomechanical principles are studied and applied to design effective programs for individuals and groups.

**Grade Type:** Letter Grade

**Division:** Health Sciences

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## **SFT 121 - Medical Exercise**

**Lec:** 2.0 **Lab:** 3.0 **Credit:** 3.0

This course addresses exercise for special populations: orthopedic (pre- and post-surgical), neurological, rehabilitation of cardiac and chronic diseases/disorders, using conditioning exercises for prevention of such.

### **Prerequisite**

SFT 101

SFT 107

and

SFT 130

**Grade Type:** Letter Grade

**Division:** Health Sciences

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## **SFT 125 - Personal Training Techniques**

**Lec:** 3.0 **Lab:** 0 **Credit:** 3.0

This course is a study of personal training programming concepts, training methodology and business practices. Creative program design, motivation strategies, appropriate assessment techniques, communications and interpersonal skills, training styles, and client expectation issues are explored.

### **Prerequisite**

SFT 101

SFT 107

and

SFT 130

**Grade Type:** Letter Grade

**Division:** Health Sciences

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## **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.

**Grade Type:** Letter Grade

**Division:** Health Sciences

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## **SFT 202 - Internship for the Personal Trainer**

**Lec:** 0 **Lab:** 9.0 **Credit:** 3.0

This course provides an opportunity for the student to serve in a leadership role in a worksite wellness program, hospital-based wellness center, cardiac rehabilitation center or qualified agency providing fitness programs. Valid learning objectives are established by the instructor and student to apply classroom theory to practical job experiences.

### **Prerequisite**

SFT 125

CPR and First Aid

**Grade Type:** Letter Grade

**Division:** Health Sciences

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