

# 2021-2022 TTC Catalog

## 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.

### **Course Offered**

Fall

Spring

### **Grade Type**

Letter Grade

### **Division**

Health Sciences