

# 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