FITNESS (FITT)

FITT 1164
Practicum-Health and Physical Education
CRT HRS:1 LEC HRS:0 LAB HRS:0 OTH HRS:7
This course is a practical, general workplace training supported by an individualized learning plan developed by the employer, college, and student.
Prerequisite: None.

FITT 1237
Personal Training
CRT HRS:2 LEC HRS:2 LAB HRS:1 OTH HRS:0
This course is a study of the aspects of one-on-one training including marketing, program development, legal aspects, documentation, training methodologies, and business considerations. Emphasis on the development of safe and enjoyable individualized training sessions.
Prerequisite: None.

FITT 1401
Fitness and Exercise Testing
CRT HRS:4 LEC HRS:4 LAB HRS:1 OTH HRS:0
This course covers techniques for conducting physical fitness assessments including tests of cardiorespiratory fitness, muscular strength and endurance, joint flexibility, body composition, and pulmonary capacity. Includes fitness equipment use and maintenance. Emphasis on safety guidelines and precautions.
Prerequisite: None.

FITT 2305
Sports Facility Management
CRT HRS:3 LEC HRS:3 LAB HRS:0 OTH HRS:0
This course is the study of the process of managing sport facilities. Includes planning, directing, and coordinating programs, and supervising employees and participants.
Prerequisite: None.

FITT 2309
Theory of Exercising Program Design and Instruction
CRT HRS:3 LEC HRS:2 LAB HRS:3 OTH HRS:0
This course covers the study of health related components of physical fitness including cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition. Topics include the theoretical basis underlying physical fitness; instructional techniques for fitness development; and methods for leading an exercise session, including design, instruction, and evaluation.
Prerequisite: None.

FITT 2313
Exercise Science
CRT HRS:3 LEC HRS:3 LAB HRS:0 OTH HRS:0
This course is a survey of scientific principles, methodologies, and research as applied to exercise and physical fitness. Emphasis on physiological responses and adaptations to exercise. Topics include basic elements of kinesiology, biomechanics, motor learning, and the physical fitness industry.
Prerequisite: None.