

HFT

Courses

HFT 100 Lifeguarding

2 Credits. 1 Lecture Hour. 2 Lab Hours.

A course that prepares students for the American Red Cross Lifeguarding Certification. Topics include: recognizing and responding to aquatic emergencies, preventing drowning and injuries, and CPR for the Professional Rescuer.

Prerequisites: Instructor consent. Must be at least 16 years old. Must pass a pre test of swimming skills during first class session

Instructor Consent Required

HFT 102 Journal Writing

2 Credits. 2 Lecture Hours. 0 Lab Hour.

A course on using journal writing to reduce stress. Topics include: journaling techniques for self reflection, self exploration, and self healing.

Prerequisites: None

HFT 104 Herbology

4 Credits. 4 Lecture Hours. 0 Lab Hour.

A course on herbal preparations and their effects on the human body. Topics include: properties of herbs, categorizing herbs, naturopathic formulas, herbal reactions, and analysis techniques for deficiencies.

Prerequisites: None

HFT 108 Aromatherapy

3 Credits. 2 Lecture Hours. 2 Lab Hours.

A course on using essential oils in clinical settings and personal life for specific conditions. Topics include: history; preparing a variety of blends; and understanding physiological, mental, and emotional effects of aromatherapy.

Prerequisites: None

HFT 116 Pilates Mat Instructor

2 Credits. 1 Lecture Hour. 2 Lab Hours.

A course that prepares students for the National Pilates Mat Certification Examination. Topics include: history and principles of Pilates, levels of exercises, safety guidelines, instructional concepts, and modifications for special populations.

Prerequisites: AFL 085 and AFM 092 or AFM 090 (minimum grade C for both) or appropriate placement test scores, and instructor consent

Instructor Consent Required

HFT 118 Yoga Teacher Training 1

5 Credits. 3 Lecture Hours. 4 Lab Hours.

A course that prepares students for National Yoga Alliance Certification. Topics include: building a personal practice, instructional concepts, safety guidelines, modifications for special populations, physical anatomy, and yoga techniques/practices.

Prerequisites: AFL 085 and AFM 092 (minimum grade C) or AFM 090 (minimum grade C) or appropriate placement test scores, and instructor consent

Instructor Consent Required

HFT 119 Yoga Teacher Training 2

5 Credits. 3 Lecture Hours. 4 Lab Hours.

A continuation of HFT 118 that prepares students for National Yoga Alliance Certification. Topics include: guidelines, modifications for special populations, anatomy, and yoga techniques/practices.

Prerequisites: HFT 118 and HFT 184

HFT 120 Alternative and Complementary Medicine

3 Credits. 3 Lecture Hours. 0 Lab Hour.

A course on foundation concepts of alternative and complementary medicine. Topics include: mind-body techniques, movement-oriented approaches, community-based health care practices, manual healing methods, biological treatments, and diet and nutrition in the prevention and treatment of disease.

Prerequisites: AFL 085 and AFM 092 (minimum grade C) or AFM 090 (minimum grade C), or appropriate placement test scores

HFT 122 Group Fitness Instructor

4 Credits. 3 Lecture Hours. 2 Lab Hours.

A course that prepares students for the National Group Fitness Instructor Examination. Topics include: communication skills, instructional concepts, effective exercise design, choreography, safety guidelines, and modifications for special populations.

Prerequisites: AFL 085 and AFM 092 (minimum grade C) or AFM 090 (minimum grade C), or appropriate placement test scores

HFT 124 Resistance Training Instructor**4 Credits. 3 Lecture Hours. 2 Lab Hours.**

A course on theories and guidelines for designing safe, effective, and efficient resistance training programs. Topics include: evaluation of biomechanical, physiologic, and genetic factors affecting strength and muscle tissue gain.

Prerequisites: HFT 122 or HFT 128 or HFT 152 (minimum grade C for all), and instructor consent

Instructor Consent Required

HFT 128 Aquatic Group Fitness Instructor**4 Credits. 3 Lecture Hours. 2 Lab Hours.**

A course on aquatic exercise principles, techniques, and group instruction skills for students pursuing aquatic group fitness instructor certification. Topics include: anatomy and physiology of aquatic exercise, effects of water on the body, movement analysis, and class formats.

Prerequisites: AFL 085 and AFM 092 (minimum grade C) or AFM 090 (minimum grade C), or appropriate placement test scores, and instructor consent

Instructor Consent Required

HFT 130 Foundations of Health and Wellness Programs**3 Credits. 2 Lecture Hours. 2 Lab Hours.**

A course on developing fitness and wellness programs for individuals and groups, emphasizing disease prevention and health promotion. Topics include: fitness testing for each fitness component, behavior modification, nutrition, stress management, addictions, sexually transmitted disease, and chronic disease.

Prerequisites: AFL 085 and AFM 092 (minimum grade C) or AFM 090 (minimum grade C), or appropriate placement test scores

HFT 151 Personal Fitness Trainer 1**4 Credits. 3 Lecture Hours. 2 Lab Hours.**

A course on techniques used in the personal training fitness field. Topics include: the body's response to exercise, screening and consultation guidelines, dietary principles, and communication and documentation.

Prerequisites: AFL 085 and AFM 092 (minimum grade C) or AFM 090 (minimum grade C), or appropriate placement test scores, and instructor consent

Instructor Consent Required

HFT 152 Personal Fitness Trainer 2**4 Credits. 3 Lecture Hours. 2 Lab Hours.**

A continuation of HFT 151 that prepares students for the National Certified Personal Trainer Exam. Topics include: applying exercise principles, using therapeutic exercise, working with special populations, understanding legal issues, and analyzing and evaluating fitness techniques.

Prerequisites: HFT 151 (minimum grade C)

HFT 156 Establishing a Personal Training Business**3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on strategies for promoting personal training services and establishing a client base. Topics include: using resources to build a client base, applying sales processes, networking, analyzing needs, and handling objections.

Prerequisites: HFT 151 (minimum grade C)

HFT 160 Aquatic Personal Trainer**2 Credits. 1 Lecture Hour. 2 Lab Hours.**

A course for experienced personal trainers who want to enter the aquatic fitness field. Topics include: effects of water properties on exercise programming, monitoring exercise intensity in aquatic environments, and aquatic exercise formats.

Prerequisites: HFT 152 and HFT 182 (minimum grade C for both), and instructor consent

Instructor Consent Required

HFT 164 Health and Fitness Training: Chronic Diseases and Conditions**3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on how common conditions affect the exercise response. Topics include: developing an exercise plan, and effects of medications on exercise performance.

Prerequisites: BIO 152 and ENG 101 (minimum grade C for both), and instructor consent

Instructor Consent Required

HFT 168 Health and Fitness Training: Youth**3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on current national guidelines for youth fitness and physical activity. Topics include: childhood obesity; the role of school, family, and community in youth fitness; and cultural and gender differences.

Prerequisites: ENG 101 (minimum grade C), and instructor consent

Instructor Consent Required

HFT 172 Health and Fitness Training: Older Adults**3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on the impact of exercise on quality of life for older adults. Topics include: American College of Sports Medicine guidelines for testing and exercise prescription, effects of the aging process on exercise, and program development.

Prerequisites: ENG 101 (minimum grade C), and instructor consent

Instructor Consent Required

HFT 176 Health and Fitness Training: Women's Health**3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on exercise programming throughout a woman's life stages, including adolescence, prenatal, and menopause. Topics include: conditions that affect women and exercise, and program design.

Prerequisites: BIO 152 and ENG 101 (minimum grade C for both), and instructor consent

Instructor Consent Required

HFT 180 Pilates Mat Practicum**2 Credits. 1 Lecture Hour. 7 Lab Hours.**

Students apply Pilates knowledge and skills in a health and fitness setting by observing and assisting in Pilates Mat classes taught by a certified Pilates instructor.

Prerequisites: AFL 085 and AFM 090 or appropriate placement test scores, and instructor consent

Instructor Consent Required

HFT 182 Personal Fitness Trainer Practicum**2 Credits. 1 Lecture Hour. 7 Lab Hours.**

Students apply personal fitness training knowledge and skills in a health and fitness setting by observing and assisting with classes taught by a professional personal fitness trainer.

Prerequisites: HFT 151 (minimum grade C), and instructor consent

Instructor Consent Required

HFT 184 Yoga Internship 1**2 Credits. 1 Lecture Hour. 2 Lab Hours.**

Students apply yoga knowledge and skills in a practice setting by observing and assisting in classes taught by a certified Yoga Instructor.

Prerequisites: AFL 085 and AFM 092 (minimum grade C) or AFM 090 (minimum grade C), or appropriate placement test scores

HFT 185 Yoga Internship 2**2 Credits. 1 Lecture Hour. 2 Lab Hours.**

Students apply yoga knowledge and skills in a practice setting by observing and assisting in classes taught by a certified Yoga Instructor.

Prerequisites: HFT 184 and HFT 118

HFT 198 First Year Special Topics in Health and Fitness Technology**1-9 Credits. 0 Lecture Hour. 0 Lab Hour.**

A course on selected topics related to Health and Fitness Technology, which gives students opportunities to study information not currently covered in other courses. Grades issued are A, B, C, D, or F.

Prerequisites: AFL 085 and AFM 092 (minimum grade C) or AFM 090 (minimum grade C), or appropriate placement test score

HFT 199 First Year Independent Project in Health and Fitness Technology**1-9 Credits. 0 Lecture Hour. 0 Lab Hour.**

A project related to Health and Fitness Technology that is completed by one or more students to meet specific educational goals. Projects must have prior approval and supervision by Health and Fitness Technology faculty. Grades issued are Satisfactory or Unsatisfactory.

Prerequisites: Vary by section

HFT 250 Exercise Physiology**4 Credits. 3 Lecture Hours. 2 Lab Hours.**

A course on the human body's response and adaptations to exercise and physical training. Topics include: the influence of exercise on body systems, optimal physiological adaptations for improving fitness and performance, and testing and programming related to exercise and fitness.

Prerequisites: BIO 152 and ENG 101 and HFT 130 and MAT 105 (minimum grade C for all), and instructor consent

Instructor Consent Required

HFT 260 Health and Fitness Program Design**4 Credits. 3 Lecture Hours. 2 Lab Hours.**

A course on skills for identifying, assessing, designing, promoting, implementing, and evaluating programs for health and fitness in various settings. Topics include: needs assessment, funding, marketing, and using tools for evaluating program outcomes.

Prerequisites: HFT 250 and EMS 100 and BUS 190 (minimum grade C for all), and instructor consent

Instructor Consent Required

HFT 294 Internship: Health and Fitness Technology

2 Credits. 1 Lecture Hour. 40 Lab Hours.

Students seeking an associate's degree participate in an unpaid field learning experience related to their degree. Students must follow applicable policies and procedures to earn credit. Grades issued are Satisfactory or Unsatisfactory.

Prerequisites: HFT 250 and EMS 100 and BUS 190 (minimum grade C for all), and instructor consent

Instructor Consent Required

HFT 298 Second Year Special Topics in Health and Fitness Technology

1-9 Credits. 0 Lecture Hour. 0 Lab Hour.

A course on selected topics related to Health and Fitness Technology, which gives students opportunities to study information not currently covered in other courses. Grades issued are A, B, C, D, or F.

Prerequisites: None

HFT 299 Second Year Independent Project in Health and Fitness Technology

1-9 Credits. 0 Lecture Hour. 0 Lab Hour.

A project related to Health and Fitness Technology that is completed by one or more students to meet specific educational goals. Projects must have prior approval and supervision by Health and Fitness Technology faculty. Grades issued are Satisfactory or Unsatisfactory.

Prerequisites: Vary by section