

## Courses

Course Number	Course Name	Lecture Hours	Lab Hours	Total Clock Hours
TH 101	Business Management	4		4
TH 102	Writing a business plan	4		4
TH 103	Starting your own business	4		4
TH 104	Organization & Administration of the Strength Training & Conditioning Facility	18		18
TH 105	Legal Guidelines	4		4
TH 106	Client Evaluation	36		36
TH 107	Program Design	15		15
TH 108	Special Populations Design	5		5
TH 109	Metabolic Calculations	20		20
TH 110	Biomechanics	30		30
NT 101	Nutritional Factors in Health & Performance	10		10
NT 102	Carbohydrates, Proteins & Fats	2		2
NT 103	Vitamins & Minerals	2		2
NT 104	Energy Balance	4		4
NT 105	Food Habits & Cultural Patterns	2		2
AP 101	Musculoskeletal Anatomy	20		20
AP 102	Muscle Physiology	10		10
AP 103	Kinesiology and Training	40		40
AP 104	Bioenergetics of Exercise & Training	10		10
AP 105	Cardiovascular & Respiratory A&P	20		20
AP 106	Bone Muscle & Connective Tissue Adaptations to Physical Activity	10		10
AP 107	Special Populations Anatomy	30		30
PA 101	Intro to Fitness Centers & Equipment - No Bull Gym		50	50
PA 102	Resistance Training & Spotting Techniques - No Bull Gym		80	80
PA 103	Fitness Classes - No Bull Gym		70	70
	<b>TOTAL HOURS</b>	<b>300</b>	<b>200</b>	<b>500</b>