

HEALTH FITNESS MANAGEMENT

PFT 103**Health Fitness Management****3.0 UNITS**

This course is an introductory course exploring all aspects of the health and fitness industry and the multiple knowledge areas that are required by trainers and managers to run a successful business. Incorporation of health and fitness principles are applied to business practices. Areas included are: the individual trainer, private personal training business; independent club or a chain/franchise group of clubs.