

AAL	Course Code	Course Title	Course Weight	Delivery			
				In-Person	Hybrid	Online	Clinical
1	FHT101	Structure & Function Of The Human Body	4			x	
1	FHT102	Nutrition Of Wellbeing	4			x	
1	FHT105	Group Fitness Leadership 1	2			x	
1	FHT100	Wellness & You	4			x	
1	FHT104	Foundations Of Exercise Training	3			x	
1	ELEC1030	Choose 1 Elective Course	3			x	
1	FHT106	Computer Tools For Fitness Professionals	3			x	
3	FHP300	Exercise Anatomy & Physiology	4			x	
3	FHP305	Group Fitness Leadership II	2			x	
3	FHP302	Biomechanics	3			x	
3	FHP303	Awareness Through Exercise 1	4			x	
3	ELEC1030	Choose 1 Elective Course	3			x	
3	FHP304	Exercise Prescription	4			x	

* Hybrid is a combination of online and face to face delivery