



HEALTH SPORT EXERCISE SCIENCE CLASSES

2022 Spring Schedule

HTH 104 Science of Personal Health (2.0 credit hours)

001 Mondays and Wednesdays,
10-10:50 a.m., Begins Jan. 19.

HTH 120 Nutrition Science (3.0 credit hours)

001 Tuesdays and Thursdays,
11 a.m.-12:15 p.m., Begins Jan. 18.

HTH 150 Complimentary and Alternative Medicine (3.0 credit hours)

001 Mondays and Wednesdays,
11 a.m.-12:25 p.m., Begins Jan. 19.

HTH 281 First Aid and CPR (1.0 credit hour) Morning, Afternoon and Evening Classes.

PED 106 Total Fitness (1.0 credit hour) Morning, Afternoon and Evening Classes.

PED 153 Foundations of Exercise (1.0 credit hour)

001 Mondays and Wednesdays,
9-10:35 a.m., Begins Jan. 19.

PED 168 Theory and Practice of Weight Training (2.0 credit hours)

001 Tuesdays and Thursdays,
12:30-1:45 p.m., Begins Jan. 18.

PED 194 Principles of Coaching (3.0 credit hours)

001 Tuesdays and Thursdays,
11 a.m.-12:15 p.m., Begins Feb. 1.

PED 195 Introduction to Sports Management (3.0 credit hours)

001 Tuesdays and Thursdays,
9:30-10:45 a.m., Begins Jan. 18.

PED 200 Introduction to Biomechanics (3.0 credit hours)

001 Mondays and Wednesdays,
11 a.m.-12:25 p.m., Begins Jan. 19.

PED 210 Exercise Testing and Prescription (3.0 credit hours)

001 Tuesdays and Thursdays,
2-3:45 p.m., Begins Jan. 18.

Online Courses No class visits required

HTH 104 070 Science of Personal Health
HTH 104 071 Science of Personal Health
HTH 104 370 Science of Personal Health
HTH 120 770 Nutrition Science
HTH 120 771 Nutrition Science
HTH 175 070 Drug and Alcohol Education
HTH 202 070 Culture and Food
PED 153 070 Foundations of Exercise
PED 195 070 Introduction to Sports Management
PED 196 370 Sports and Exercise Psychology
PED 197 370 Sociology of Sport

For more information, call (708) 456-0300, Ext. 3130.