



Triton College

For immediate release: **July 16, 2024**

Get FIT this Fall at Triton College

Enroll in 2024 Fall Health Classes

RIVER GROVE, Ill. – Health and well-being are essential for a happy, long life. Triton College is giving students the opportunity for optimal health with several courses this autumn.

Health, Sport and Exercise Science

Science of Personal Health (HTH 104 001) will be on Mondays and Wednesdays, 9-10:15 a.m., beginning Aug. 19, in the R Building (Room R-211). This is a three-credit-hour class.

This course will explore behaviors and conditions that impact an individual's health and wellness. Those enrolled will learn preventative and management aspects of health, as well as examining physical, emotional, social, spiritual, occupational, intellectual and environmental dimensions of health.

Nutrition Science (HTH 120 701) will be on Tuesdays and Thursdays, 11 a.m.-12:15 p.m., beginning Aug. 20, in the R Building (Room R-213). This is a three-credit-hour class.

This course teaches the science of nutrition and its relationship to health and disease. Proteins, carbs, fats, vitamins, minerals and water, and their effects on the human physiology and development will be examined.

First Aid and CPR

- First Aid and CPR (HTH 281 001), Tuesdays and Thursdays, 11 a.m.-12:15 p.m., beginning Aug. 20.
- First Aid and CPR (HTH 281 002), Mondays and Wednesdays, 12:30-1:45 p.m., beginning Oct. 9.
- First Aid and CPR (HTH 281 004), Tuesdays and Thursdays, 9:30-10:45 a.m., beginning Oct. 15.

All classes will be held in the R Building (Room R-217). This is a one-credit-hour class.

This course will teach the fundamentals of first aid, cardiopulmonary resuscitation (CPR) and the use of automated external defibrillator (AED) for adults, children and infants. Students earn the American Heart Association Heartsaver First Aid and Basic Life Support (BLS) for Healthcare Provider Certificate.

Foundations of Exercise (PED 153 001) will be on Mondays and Wednesdays, 11 a.m.-12:25 p.m., beginning Sept. 9, in the R Building (Room R-213). This is a three-credit-hour class.

Learn all about exercise science and fitness training, with anatomy, exercise physiology and kinesiology of the human body.

Theory and Practice of Weight Training (PED 168 001) will be on Tuesdays and Thursdays, 12:30-2:20 p.m., beginning Sept. 3, in the R Building (Room R-211). This is a three-credit-hour class.

This course will focus on the theory and application of weight training, such as muscular strength, power, endurance, flexibility, body composition, lifting and spotting technique, program design and exercise mechanics. Students will also learn the biomechanics of skeletal and the neuromuscular system.

Introduction to Sports Management (PED 195 001), will be on Tuesdays and Thursdays, 9:30 a.m.-10:45 a.m., beginning Aug. 20, in the R Building (Room R-211). This is a three-credit-hour class.

This class will teach principles and concepts that apply to sports management, such as the functions of planning, organizing, staffing and controlling.

Sports Officiating (PED 201 001) will be on Tuesdays and Thursdays, 11 a.m.-12:30 p.m., beginning Sept. 3, in the R Building (Room R-211). This is a three-credit-hour class.

This course will teach participants how to officiate various sporting events for grade school, high school, park districts and colleges. Students will learn rules, skills, strategies and knowledge for a variety of sports, including lacrosse, softball, baseball, basketball, soccer, football, wrestling and volleyball.

Athletic Fitness (PED 206 001) will be on Mondays and Wednesdays, 6-6:55 p.m., beginning Sept. 4, in the R Building (Room R-213). This is a one-credit-hour class.

Learn how to exercise safely with effective and efficient tools. Master agility, balance, coordination, speed, power and reaction time.

Online Health Courses (No class visits required.)

Triton College will be offering multiple online personal health and sports classes this fall. Please refer to the class schedule for times.

- (HTH 104 070) Science of Personal Health, beginning Aug. 19.
- (HTH 120 770) Nutrition Science, beginning Aug. 19.
- (HTH 120 771) Nutrition Science, beginning Sept. 4.
- (HTH 175 070) Drug and Alcohol Education, beginning Sept. 4.
- (PED 194 070) Principles of Coaching, beginning Sept. 4.
- (PED 195 270) Introduction to Sports Management, beginning Oct. 14.
- (PED 202 070) Culture and Food, beginning Oct. 15.

Physical Activity Classes

Students Can Earn One College Credit Hour

The college will also be offering several fitness classes this fall. Get in shape during the autumn months! Please register early, seats are limited.

Hatha Yoga (PED 101 001) will be on Tuesdays and Thursdays, 11-11:50 a.m., beginning Aug. 20, in the R Building (Room R-229).

This class teaches hatha yoga techniques for muscular strength, flexibility, endurance and concentration. Students will also learn breathing techniques, postures and meditation.

Boot Camp Fitness (PED 105 001) on Mondays and Wednesdays, 1-2:05 p.m., beginning Sept. 4, in the R Building (Room R-101C).

This class will improve cardiovascular fitness, build strength and flexibility, and improve body composition. The course will focus on improving components of mental, social and physical wellness.

Total Fitness for credit (PED 106) will be held in Triton's Fitness Center in the R Building. Refer to class schedule for multiple dates and times.

Total Fitness teaches students the safe and effective way to use strength and cardio exercise equipment. The goal of the class is to improve body composition, physiological strength and flexibility. The course can be repeated for a maximum of four accrued credits.

Aquacize (PED 113 001) will be on Mondays and Wednesdays, 5-5:50 p.m., beginning Aug. 19. The class will be held in the pool, R Building (Room R-POOL).

This swim class combines low-impact and high-energy challenges in shallow water to improve cardiorespiratory endurance, muscular strength, flexibility, balance and coordination. Students should feel comfortable in shallow water.

Walking for Fitness (PED 117 001) will be on Tuesdays and Thursdays, 1-1:55 p.m., beginning Sept. 3. The class will be held in the R Building (Room R-104).

Experience the joy and health benefits of walking while having fun! Meeting new people, socializing and listening to music is emphasized during walks. Triton's indoor and outdoor track will be utilized depending on weather.

Vinyasa Yoga (PED 121 001) will be on Tuesdays and Thursdays, 9:30-10:45 a.m., beginning Oct. 15, in the R Building (Room R-229).

This class will teach vinyasa yoga poses to help students learn about focus, coordination, balance and strength. Some yoga experience is recommended.

Basketball (PED 130 001) will be on Mondays and Wednesdays, 11-11:55 p.m., beginning Sept. 4, in the R Building (Room R-200).

Ready to be the next Michael Jordan? This class will teach students offensive and defensive techniques in basketball, including dribbling, shooting, passing, scoring and the basic rules of the game.

Theory and Practice of Weight Training (PED 168 001) will be on Tuesdays and Thursdays, 12:30-2:20 p.m., beginning Sept. 3, in the R Building (Room R-211).

This course will focus on the theory and application of weight training, such as muscular strength, power, endurance, flexibility, body composition, lifting and spotting technique, program design and exercise mechanics.

Boxing for Fitness (PED 125 001) will be on Mondays and Wednesdays, noon-12:55 p.m., beginning Sept. 4, in the R Building (Room R-101B).

This course will focus on learning boxing skills and improve fitness for beginners. Skills learned will include developing balance, coordination, strength and endurance.

To register for any of these classes, visit <http://triton.edu/fall>.

For more information, please email juliannemurphy@triton.edu or call (708) 456-0300, Ext. 3130.

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ABOUT TRITON COLLEGE

Triton College is an institution of higher education dedicated to student success. Triton offers more than 120 degree and certificate programs designed for students to realize their career aspirations and effectively compete in a global economy. The college campus spans 110 acres in River Grove, Illinois, holds classes at satellite locations and offers online learning opportunities. Triton's exemplary faculty and staff work to provide high-quality, convenient and affordable educational opportunities to more than 10,000 students each year. Triton College is a member of The Community Colleges of Illinois and accredited by the Higher Learning Commission. Learn more at <http://triton.edu/>.