



# HEALTH SPORT EXERCISE SCIENCE CLASSES

## 2024 Fall Schedule

### **HTH 104 Science of Personal Health (3.0 credit hours)**

001 Mondays and Wednesdays,  
9-10:15 a.m., Begins Aug. 19.

### **HTH 120 Nutrition Science (3.0 credit hours)**

701 Tuesdays and Thursdays,  
11 a.m.-12:15 p.m., Begins Aug. 20.

### **HTH 281 First Aid and CPR (1.0 credit hour)**

001 Tuesdays and Thursdays,  
11 a.m.-12:15 p.m., Begins Aug. 20.  
002 Mondays and Wednesdays,  
12:30-1:45 p.m., Begins Oct. 9.  
004 Tuesdays and Thursdays,  
9:30-10:45 a.m., Begins Oct. 15.

### **PED 106 Total Fitness (1.0 credit hour)**

Morning, Afternoon and Evening Classes.  
Late-start classes available.

### **PED 153 Foundations of Exercise (3.0 credit hours)**

001 Mondays and Wednesdays,  
11 a.m.-12:25 p.m., Begins Sept. 9.

### **PED 168 Theory and Practice of Weight Training (3.0 credit hour)**

001 Tuesdays and Thursdays,  
12:30-2:20 p.m., Begins Sept. 3.

### **PED 195 Introduction to Sports Management (3.0 credit hours)**

001 Tuesdays and Thursdays,  
9:30-10:45 a.m., Begins Aug. 20.

### **PED 201 Sports Officiating (3.0 credit hours)**

001 Tuesdays and Thursdays,  
11 a.m.-12:30 p.m., Begins Sept. 3.

### **PED 206 Athletic Fitness (1.0 credit hour)**

001 Mondays and Wednesdays,  
6-6:55 p.m., Begins Sept. 4.

### **Online Courses No class visits required**

HTH 104 070 Science of Personal Health  
HTH 120 770 Nutrition Science  
HTH 120 771 Nutrition Science (Begins Sept. 2.)  
HTH 175 070 Drug and Alcohol Education (Begins Sept. 2.)  
PED 194 070 Principles of Coaching (Begins Sept. 2.)  
PED 195 270 Introduction to Sports Management (Begins Oct. 14.)  
PED 202 070 Culture and Food (Begins Oct. 15.)

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



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