# 2022-2023 TTC Catalog - Physical Education (PHE)

## PHE 102 - Weightlifting

**Lec:** 0 **Lab:** 3.0 **Credit:** 1.0

This course introduces the principles of weightlifting and the techniques to apply them

safely and effectively.

**Grade Type:** Pass/Fail **Division:** Health Sciences

## **PHE 104 - Beginner Aerobics**

Lec: 0 Lab: 3.0 Credit: 1.0

This course is designed to teach aerobic exercise, including safety and techniques to maximize effectiveness of an exercise program.

**Grade Type:** Letter Grade **Division:** Health Sciences

#### PHE 106 - Aerobic Dance

Lec: 0 Lab: 3.0 Credit: 1.0

This course introduces aerobic dance skills and the elements involved in safe and effective aerobic dance routines.

**Grade Type:** Pass/Fail **Division:** Health Sciences

# PHE 108 - High/Low Impact Aerobics

Lec: 0 Lab: 3.0 Credit: 1.0

This course introduces high impact and low impact aerobic skills and the techniques to apply them safely and effectively.

**Grade Type:** Pass/Fail

**Division:** Health Sciences

# PHE 110 - Cardio and Toning

Lec: 0 Lab: 3.0 Credit: 1.0

**Course Offered** 

Fall Spring Summer

This course introduces the principles of cardio exercise and toning and the techniques to apply them safely and effectively.

**Grade Type:** Pass/Fail **Division:** Health Sciences

## **PHE 112 - Yoga**

Lec: 0 Lab: 3.0 Credit: 1.0

This course introduces the science of yoga and the techniques to apply it safely and

effectively.

**Grade Type:** Pass/Fail **Division:** Health Sciences