

2023-2024 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
