

# 2024-2025 TTC Catalog - Physical Education (PHE)

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## **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

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## **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

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## **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

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## **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

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## **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

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## **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

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