



HEALTH, SPORT & EXERCISE SCIENCE CLASSES 2026 Spring Schedule

HTH 104 Science of Personal Health (3.0 credit hours)

001 Mondays and Wednesdays,
9-10:15 a.m. • Begins Jan. 21.

HTH 120 Nutrition Science (3.0 credit hours)

701 Tuesdays,
9:30-10:45 a.m. • Begins Jan. 20.

HTH 202 Health, Culture and Society (3.0 credit hours)

070 Tuesdays,
12:30-1:20 p.m. • Begins March 24.

HTH 281 First Aid and CPR (1.0 credit hour)

001 Mondays and Wednesdays,
12:30-1:45 p.m. • Begins Jan. 21.
003 Tuesdays and Thursdays,
11 a.m.-12:15 p.m. • Begins Jan. 20.
004 Tuesdays and Thursdays,
9-10:15 a.m. • Begins March 24.

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.-12:20 p.m. • Begins Feb. 2.

PED 168 Theory and Practice of Weight Training (3.0 credit hours)

001 Tuesdays and Thursdays,
12:30-2:35 p.m. • Begins Feb. 2.

PED 195 Introduction to Sports Management (3.0 credit hours)

001 Tuesdays and Thursdays,
11 a.m.-12:15 p.m. • Begins Feb. 3.

PED 206 Athletic Fitness (1.0 credit hour)

001 Mondays and Wednesdays,
6-6:50 p.m. • Begins Feb. 2.

Online Courses No class visits required.

HTH 104 070 Science of Personal Health (Begins Jan. 20.)
HTH 104 071 Science of Personal Health (Begins March 23.)
HTH 120 770 Nutrition Science (Begins Jan. 20.)
HTH 120 771 Nutrition Science (Begins Feb. 2.)
HTH 175 070 Drug and Alcohol Education (Begins Feb. 2.)
PED 194 070 Principles of Coaching (Begins Feb. 2.)
PED 195 070 Introduction to Sports Management
(Begins March 23.)
PED 196 370 Sports and Exercise Psychology (Jan. 5-16)
PED 197 370 Sociology of Sport (Jan. 5-16)

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



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a place
for you.



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