HTH 104 Science of Personal Health  
(2.0 credit hours)  
001 Mondays and Wednesdays, 9-9:50 a.m.  
002 Tuesdays and Thursdays, 9-9:50 a.m.  
003 Thursdays, 7-8:50 p.m.

HTH 120 Nutrition Science  
(3.0 credit hours)  
001 Tuesdays and Thursdays, 11 a.m.-12:15 p.m.  
002 Tuesdays, 6-8:50 p.m.

HTH 150 Complimentary & Alternative Medicine (3.0 credit hours)  
001 Mondays and Wednesdays, 10-11:15 a.m.

HTH 202 Culture and Food  
(3.0 credit hours) Begins Oct. 18  
001 Tuesdays and Thursdays, 12:30-2:45 p.m.

HTH 220 Athletic Training Techniques  
(3.0 credit hours)  
001 Tuesdays and Thursdays, 10-11:45 a.m.

HTH 281 First Aid and CPR (2.0 credit hours)  
Morning, Afternoon and Evening Classes

PED 106 Total Fitness (1.0 credit hour)  
Morning, Afternoon and Evening Classes

PED 153 Foundations of Exercise  
(1.0 credit hour)  
001 Mondays and Wednesdays, 11 a.m.-12:15 p.m.

PED 168 Theory and Practice of Weight Training (2.0 credit hours)  
001 Tuesdays and Thursdays, 11 a.m.-12:15 p.m.

PED 194 Principles of Coaching  
(3.0 credit hours)  
001 Tuesdays and Thursdays, 9:30-10:55 a.m.

PED 195 Introduction to Sport Management (3.0 credit hours)  
001 Tuesdays and Thursdays, 11 a.m.-12:15 p.m.

PED 201 Sports Officiating  
(3.0 credit hours) Begins Oct. 3  
001 Mondays and Wednesdays, 10-11:50 a.m.

PED 210 Exercise Testing and Prescription (3.0 credit hours)  
001 Mondays and Wednesdays, 1-2:50 p.m.

Internet Courses—No class visits required

HTH 104 070 Science of Personal Health (2.0 credit hours)  
HTH 104 071 Science of Personal Health (2.0 credit hours) (Starts Oct. 17)

HTH 104 072 Science of Personal Health (2.0 credit hours)  
HTH 120 070 Nutrition Science (3.0 credit hours)  
HTH 120 071 Nutrition Science (3.0 credit hours)  
HTH 120 072 Nutrition Science (3.0 credit hours) (starts Sept. 19)

HTH 175 070 Drug and Alcohol Education (3.0 credit hours) (starts Aug. 29)

HTH 175 071 Drug and Alcohol Education (3.0 credit hours)

PED 195 070 Introduction to Sport Management (3.0 credit hours)

To sign up for fall classes or for more information, call (708) 456-0300, Ext. 3358.