PHYSICAL ED/ COEDUCATIONAL (PHC)

(Includes classes for P.E. majors, co-educational, and health.)

Only FOUR hours of PHC courses numbered 100 and above may be applied to the Associate in Arts and Associate in Science degrees.

All PHC, PEM, and PHR courses numbered 100 and above may be applied to the major field and elective requirement for the AA and AS degrees.

PHC 109 Physical Fitness I (.5-3) 0,1
(0, 1-6) This activity based course is designed to teach students the basic principles of fitness and wellness. The fitness center offers orientations on the proper use of the aerobic, Cybex strength training and free weight equipment as well as instruction on beginning an exercise program. This course does not have a scheduled class time; students may come in to work out any time the fitness center is open. (1.1) Proficiency Credit Not Available Pass/ No Credit Available.
In-District Tuition/Fees: $87.5 (effective 2024/25 academic year)
In-district tuition rates are subject to change based on Board approval.
Prerequisite: None
Semester(s) Offered: Fall and Spring

PHC 167 Free Exercise (1-2) 0,2
(0, 2-4) This course is contract based and permits the student to log in hours in both the Fitness Center and an outside activity that is not offered by the college. The student is required to log in a predetermined number of hours in the Fitness Center and may supplement his/her total with a preapproved activity.This course is repeatable 3 times. (1.1) Proficiency Credit Not Available Pass/No Credit Available

www.elgin.edu/fitnesscenter

In cooperation with the establishment of the college Wellness/Fitness Center, students may enroll in PHC 109 Physical Fitness I or PHC 110 Physical Fitness II. Students enrolling for the first-time should enroll in PHC 109. Students with previous credit in PHC 109 need to enroll in PHC 110.

PHC 109, PHC 110 and PHC 167 sections 110 & 111 are designed specifically for students 60 years old and over..
In-District Tuition/Fees: $290 (effective 2024/25 academic year)
In-district tuition rates are subject to change based on Board approval.
Prerequisite: None
Semester(s) Offered: Varies