

# PED 143: YOGA I



College Now at Front Range Community College

High School Select  
2015-2016

## **PED 143**

### **Course Information**

College credits: 1

Guaranteed Transfer: No

Prerequisites: None

Tuition: \$0

**This FRCC college course offers a guided instruction in yoga. Students practice yoga according to their individual fitness levels and abilities. Emphasizes enhancing general health and well being through the performance of yoga strength, flexibility, balance and relaxation techniques and exercises.**

PED 143 is not guaranteed to transfer to other public colleges and universities. However, it can apply to the Associate of Arts degree as an elective.

Students can expect to spend 2+ hours per week on this class at home, including reading, studying, and completing assignments. Resources are available at FRCC if you need assistance. For more information, please see: <http://www.frontrange.edu/being-a-student/academic-assistance>.

## College Now Programs at Front Range Community College

Front Range Community College's College Now program allows students to earn both high school and college credit for the same FRCC class. In High School Select, students take FRCC classes that are conveniently offered at the high school.

All curriculum and expectations are the same as in a college class—the only difference is the location. Students should expect that High School Select classes will be more challenging with a heavier workload than most typical high school classes.

In addition to the High School Select program, the College Now department also offers opportunities for high school students to take classes on campus. For a description of our programs, please visit [www.frontrange.edu/larimerhighschool](http://www.frontrange.edu/larimerhighschool).

### **What's the difference?**

**College Now classes** are college classes that appear on the FRCC transcript. Many classes are transferable to other public schools in Colorado.

**AP classes** are high school classes that are designed to meet college competencies. Students must pay for and pass a test at the end of the year to determine if they qualify for college credit.

**College Now programs are tuition-free.**

***Interested? Please see your HS counselor more information and enrollment instructions.***

College Now at Front Range Community College

Website: [www.frontrange.edu/larimerhighschool](http://www.frontrange.edu/larimerhighschool)

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