

Prerequisite: PHED 1130 or permission of instructor. Must be able to pass swim test.

Offered: On demand.

**PHED 1132 Lifeguard Training (1-2-2)**

Designed to teach fundamental skills and knowledge necessary to save one's own life or the life of another in the event of an aquatics emergency. Student can qualify for Red Cross certification through this course.

Prerequisite: Swim Test.

Offered: On demand.

**PHED 1133 Scuba (0-2-1)**

This course will provide the student with knowledge and skills to safely enter a confined water diving environment. Certification dives are not included.

Prerequisite: Pass swim test (200 yard swim and 10 minute float/tread water).

Offered: All semesters.

**PHED 1134 Advanced Scuba (1-1-1)**

As a continuation of Scuba 1, this course will expand the students knowledge and skills of entering a confined aquatics environment and extend into advanced scuba diving techniques.

Prerequisite: Open Water Diver Certificate.

Offered: On demand.

**PHED 1137 Sailing (0-2-1)**

Includes the principles of sailing, rigging, the basic sailing maneuver of tacking, coming about, jibing, mooring, & docking. Students are required to sign the University System Release, Waiver of Liability form before participation in the course.

Prerequisite: Swim test.

Offered: On demand.

**PHED 1139 Fitness Swimming (1-2-2)**

Involves cardiovascular training through endurance swimming. Includes information on why such training is needed, how it is accomplished, and what results can be expected. Red Cross Swim & Stay Fit Certification is available for those who swim 10, 20, 30, 40, & 50 miles. Includes orientation to Darton State College Fitness Center.

Prerequisite: Swim test.

Offered: Fall, Spring.

**PHED 1141 Folk and Square Dance (0-2-1)**

Introduction to the basic steps and figures of square dancing as well as the various steps and music to folk dancing and line dancing.

Prerequisite: None.

Offered: On demand.

**PHED 1142 Swing Dancing (0-2-1)**

Introduction to the basic steps and figures of swing dancing. Covers dances such as the shag, swing, hustle, lindy, jitterbug and other variations.

Prerequisite: None.

Offered: On demand.