

Prerequisite: None.  
Offered: On demand.

**PHED 1156 Volleyball I (0-2-1)**

An introduction to the fundamental skills and knowledge necessary to play volleyball. Includes instruction in the serve, forearm pass, overhead pass, dig, spike, block, basic strategies, and rules.

Prerequisite: None.

Offered: Fall.

**PHED 1157 Volleyball II (0-2-1)**

Designed to improve upon and add to the skills and knowledge developed in Volleyball I. Includes a review of underhand serve, bump pass, and set pass.

Prerequisite: PHED 1156 or permission of instructor.

Offered: On demand.

**PHED 1161 Fitness I (1-2-2)**

Discussion of the four major components of fitness: cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. Designed for students who want to implement these principles by using the Darton State College Fitness Facility.

Prerequisite: None.

Offered: Fall, Spring, Summer.

**PHED 1162 Fitness II (1-2-2)**

Reviews the four basic components of fitness: cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. Students will be required to research assigned fitness topics and submit written reports.

Prerequisite: PHED 1161 or permission of instructor.

Offered: Fall, Spring.

**PHED 1166 Racquetball I (0-2-1)**

An introduction to the fundamental skills and knowledge necessary to play racquetball. Includes instruction on forehands, backhands, serves, basic strategies, and rules.

Prerequisite: None.

Offered: Fall, Spring.

**PHED 1167 Racquetball II (0-2-1)**

Designed to improve upon and add to the skills and knowledge developed in Racquetball I. Instruction includes a review of drive serves, drops, and passes as well as new skills such as serves, kills, and game strategy.

Prerequisite: PHED 1166 or permission of instructor.

Offered: On demand.

**PHED 1168 Survival Skills (0-2-1)**

This course is designed to teach and apply the basic concepts needed to prevent a survival scenario or survive one, including: water sources and purification, shelter building, fire building, map and compass use, emergency action principles, wild edibles, animal observation, outdoor equipment, minimum impact camping, and wilderness ethics.

Prerequisite: None.

Offered: On demand.

**PHED 1171 Bowling I (0-2-1)**