

An introduction to the fundamental skills and knowledge necessary to bowl. Includes instruction in basic mechanics (stance, approach, and delivery), spot bowling, spare bowling, score keeping, and rules.

Prerequisite: None.

Offered: Every semester.

**PHED 1172 Bowling II (0-2-1)**

Designed to improve upon and add to the skills and knowledge developed in Bowling I. Includes a review of the basics and then emphasizes skill analysis, spot bowling, and spare bowling.

Prerequisite: PHED 1171 or permission of instructor.

Offered: On demand.

**PHED 1173 Tai Chi (0-2-1)**

Tai Chi is one of the most effective exercises for physical and mental well-being. It is one of the best-known martial arts from ancient China, and is based on Qigong and martial art techniques from thousands of years ago. Students will also learn its history, philosophy, and how to build a personal practice.

Prerequisite: None.

Corequisite: None.

Offered: On demand.

**PHED 1175 DC Fit (2-0-2)**

A wellness program that challenges the student to become more physically active, eat better, and jump-start a healthier life-style. This course will include a mini health fair, fun physical activities and online modules. DC Fit staff will perform an entry and exit assessment.

Prerequisites: Darton faculty/staff.

Corequisites: None.

Offered: On demand.

**PHED 1177 Tango Dancing (0-2-1)**

This course is designed to introduce the student to the fundamental of the tango dance technique. Emphasizes and develops correct body alignment, coordination, strength, flexibility, rhythm, and movement awareness. Includes tango dance vocabulary and various types of tango dance.

Prerequisite: None.

Offered: On demand.

**PHED 1178 Jazz I (0-2-1)**

This course is designed to introduce the student to the fundamental of jazz dance technique. Emphasizes and develops correct body alignment, coordination, strength, flexibility, rhythm, and movement awareness. Includes jazz dance vocabulary and simple jazz dance combinations.

Prerequisite: None.

Offered: On demand.

**PHED 1179 Jazz II (0-2-1)**

This course is designed to continue development of jazz dance techniques at the advanced beginning/intermediate level. Emphasizes increased stamina, strength, control, vocabulary and musicality.

Prerequisite: PHED 1178.

Offered: On demand.