

- PHED 1181 Cycling I** (0-2-1)
 Topics include safety, equipment, maintenance, skills such as cornering, ascending, descending and rules of the road. Students will learn the proper techniques for cycling and use these techniques on short road trips. A bicycle is required.
 Prerequisite: None.
 Offered: Fall.
- PHED 1182 Personal Conditioning** (1-2-2)
 Cross training using different activities to improve fitness. Examples of activities include step aerobics, hi-low aerobics, resistance exercise, sport activities, etc. Includes orientation to Darton State College Fitness Center.
 Prerequisite: None.
 Offered: All semesters.
- PHED 1183 Walking I** (0-2-1)
 Walking will include aerobic activity as well as a review of fitness principles associated with a safe, enjoyable, and effective walking program. The course will also cover the relationship between physical activity and calorie burning in the food-energy balance.
 Prerequisite: None.
 Offered: On demand.
- PHED 1184 Walking II** (0-2-1)
 A continuation of Walking I which includes aerobic activity as well as a review of fitness principles associated with a safe, enjoyable, & effective walking program.
 Prerequisite: PHED 1183 or permission of the instructor.
 Offered: On demand.
- PHED 1185 In Line Skating** (0-2-1)
 Instruction in the basic techniques of in line skating. Emphasis is on safety and proper equipment.
 Prerequisite: None.
 Offered: Every semester.
- PHED 1186 Beginning Horsemanship** (0-3-2)
 This course provides an introduction to horseback riding fundamentals as well as care, psychology, and nutrition of horses. Fees to be determined.
 Prerequisite: None.
 Offered: On demand.
- PHED 1187 Yoga** (0-2-1)
 A course designed to teach the student the various styles & techniques involved of yoga.
 Prerequisite: None.
 Offered: On demand.