

A competency in fitness/wellness will be required of all graduates of Darton State College with exception of those excluded by program requirements, special contracts, and certificate programs. The requirement may be fulfilled by satisfactory completion of one of the following courses: PHED 1105, Strength Training; PHED 1106, Walk, Jog, Run; PHED 1161, Fitness I; PHED 1162, Fitness II; PHED 1110, Deep Water Exercise; PHED 1139, Fitness Swimming; PHED 1115, Step Aerobics; PHED 1116, Step Aerobics II; PHED 1123, Aerobic Pump; or PHED 1182, Personal Conditioning; PHED 1198, Aerobic Dancing; HLTH 1163H Personal Health (Honors.)

Health and Physical Education courses may not be repeated and will not count towards the required courses needed for graduation. Classroom health courses may not be repeated.

Since Darton State College does not grant an exemption from physical education for health reasons, students with a physical disability may satisfy this requirement by completing three health courses. Students are urged to ask their advisors or one of the physical education instructors if there are any questions regarding the strenuousness of a physical education course. It is the responsibility of each student with a physical disability who elects to take an activity physical education course to advise the instructor of the disability so that proper accommodations can be made.

A student may substitute music performance classes (MUSC 1080 College Band and MUSC 1090 College Choir) for up to two (2) of the physical education requirements.