

- 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.
- PHED 1143 Beginning Snow Skiing** (0-2-1)
This course is designed to introduce the student to the basic skills of snow skiing. Basic instruction will be given at the college with practical experience taking place at a designated ski area. On slope skiing at a designated off-campus site is required for successful completion of the course.
Prerequisite: None.
Offered: On demand.
- PHED 1145 Self Defense I** (0-2-1)
An introduction to self defense including striking skills and JiuJutsu. An emphasis is on avoidance, defensive strategies, and basic escape maneuvers for self protection.
Prerequisite: None.
Offered: On demand.
- PHED 1146 Self Defense II** (0-2-1)
A continuation of self-defense I with an emphasis on ground fighting and weapons defense.
Prerequisite: None.
Offered: On demand.