

- PHED 1147 Cardio-Kickboxing** (0-2-1)
 This course combines low impact aerobic conditioning with controlled boxing and kicking movements.
 Prerequisite: None.
 Offered: On demand.
- PHED 1148 Archery I** (0-2-1)
 This course is a Physical Education elective course designed to introduce the student to the fundamentals of archery. Students will learn the history of archery, proper equipment use, techniques, rules, terminology, scoring, and etiquette.
 Prerequisite: None.
 Offered: Fall, Spring.
- PHED 1151 Golf I** (0-2-1)
 Introduction to techniques such as putting, chipping, pitching, sand play, full swing irons, and woods with an emphasis on the rules and etiquette of golf.
 Prerequisite: None.
 Offered: Fall, Spring.
- PHED 1152 Golf II** (0-2-1)
 This course provides individual basic instruction in putting, chipping, pitching, sand play, and full swing. Students will be instructed on rules and etiquette as well as knowledge necessary for play on a golf course.
 Prerequisite: PHED 1151 or permission of instructor.
 Offered: On demand.
- PHED 1154 Challenge Course Facilitator Training I** (0-2-1)
 This course is the first of a two course sequence designed to teach students the skills and knowledge required for becoming a challenge course facilitator. Topics include set-up, belay systems, climbing techniques, safety procedures, initiatives and debriefing. Completion of the course does not guarantee certification.
 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.