

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