

- PHED 1195 Latin Dancing II** (0-2-1)
Continuation of the basic steps and figures of Latin dance styles. Cover dances such as Cha Cha, Samba, Merengue and others.
Prerequisite: Latin Dancing I
Offered: On demand.
- PHED 1196 Social Dance II** (0-2-1)
A continuation of the various social dance steps and the basic/intermediate steps in various dance situations.
Prerequisite: Social Dance I.
Offered: On demand.
- PHED 1197 Ballet I** (0-2-1)
This course is designed to strengthen technical skill at the beginning level. It explores ballet as an art form and as a means of expression through both the development of movement skills and creative work.
Prerequisite: None.
Offered: On demand.
- PHED 1198 Aerobic Dancing** (1-2-2)
This course is a unique low impact fitness class that blends movements from various forms of dance. Geared towards individuals desiring fitness activities through movement and dance.
Prerequisite: None.
Offered: On demand.
- PHED 1199 Snow Skiing II** (0-2-1)
Continuation of the basic techniques of snow skiing. On slope skiing at a designated off-campus site is required for successful completion of the course.
Prerequisite: PHED 1143 or permission of the instructor.
Offered: Fall.
- PHED 1200 Ballet II** (0-2-1)
Continues development of knowledge and skills in ballet techniques at the intermediate level. Designed to develop control, balance, strength, quality of movement and ballet vocabulary.
Prerequisite: PHED 1197.
Offered: On demand.
- PHED 1204 Tap I** (0-2-1)
Introduces fundamentals of tap dance technique. Develops a sense of rhythm, timing, musicality and awareness of dancing in a group. Learn basic traditional tap steps, rhythm tap combinations and complete dances.
Prerequisite: None.
Offered: On demand.
- PHED 1212 Karate I** (0-2-1)
This course is designed to introduce the student to the fundamental skills of karate. The student will have the opportunity to experience the various techniques without contact.
Prerequisite: None.
Offered: On demand.