

- PHED 1110 Deep Water Exercise** (1-3-2)  
 Involves cardiovascular and muscular endurance training through water resistance exercises. Includes information on why such training is needed, how it is accomplished, and what results can be expected. All exercises are done with flotation equipment. Includes orientation to Darton State College Fitness Center.  
 Prerequisite: None.  
 Offered: On demand.
- PHED 1112 Hip Hop** (0-2-1)  
 Hip Hop is a dance style, mainly street dance styles, danced to hip hop music, or that has evolved as a part of the hip hop culture. The first and original dance associated with hip hop is breakdance.  
 Prerequisite: None.  
 Corequisite: None.  
 Offered: Every semester.
- PHED 1115 Step Aerobics I** (1-2-2)  
 Emphasis is on cardiovascular endurance, muscle conditioning, and flexibility development. Continuous exercise is combined with music. Includes orientation to Darton State College Fitness Center.  
 Prerequisite: None.  
 Offered: Fall, Spring.
- PHED 1116 Step Aerobics II** (0-3-1)  
 Emphasis is on cardiovascular endurance, muscle conditioning, and flexibility development. Designed to improve upon the skills and fitness knowledge of Aerobics I.  
 Prerequisite: PHED 1115.  
 Offered: Fall, Spring.
- PHED 1120 Baseball Techniques and Strategy** (0-2-1)  
 Practical experience in fundamental skills and techniques, team play & strategy.  
 Prerequisites: None.  
 Offered: On demand.
- PHED 1121 Softball** (0-2-1)  
 An introduction to the fundamental skills and knowledge necessary to play softball. Includes instruction in batting, fielding, throwing, basic strategies, and rules.  
 Prerequisite: None.  
 Offered: On demand.
- PHED 1122 Basketball** (0-2-1)  
 An introduction to the fundamental skills & knowledge necessary to play basketball. Includes instruction in passing, dribbling, shooting, basic strategies, & rules.  
 Prerequisite: None.  
 Offered: On demand.
- PHED 1123 Aerobic Pump** (1-2-2)  
 This course is designed to work the entire body using barbells with adjustable weights to music. Beginning with a general warm up, participants are led through a series of exercises including squats, presses, lifts and curls. The focus is on correct lifting techniques using light to moderate weights and high repetitions.  
 Prerequisite: None.  
 Offered: On demand.