

- PARA 2164 Criminal Law and Procedure** (3-0-3)  
 This course provides an overview of criminal law and the criminal trial process with an emphasis on the paralegal's role. Students will explore the history and structure of the American legal system, relevant common and statutory law, constitutional protections, the identification and basic elements of crimes, and the criminal trial process. Students will become well-informed about the resources available to paralegals and where to access those resources to serve clients effectively. A grade of C or better is required in all Paralegal Courses.  
 Prerequisite: PARA 1110.  
 Offered: On demand.
- PHED 1105 Strength Training** (1-2-2)  
 Involves strength training through a circuit of isotonic exercises using barbells, dumbbells, and a selection of fixed/variable resistance machines. Covers muscles of the body, types of muscular contractions, and principles of strength training. Includes orientation to Darton State College Fitness Center.  
 Prerequisite: None.  
 Offered: Fall, Spring.
- PHED 1106 Walk, Jog, or Run for Fitness** (1-2-2)  
 Involves cardiovascular training through endurance walking, jogging, or running. Includes information on why such training is needed, how it is accomplished, and what results can be expected.  
 Prerequisite: None.  
 Offered: Fall, Spring.
- PHED 1108 Leisure Sports** (0-2-1)  
 This course provides an introduction to various leisure sports including racquetball, bowling, pool, and table tennis.  
 Prerequisites: None.  
 Offered: On demand.
- 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.