

2023-24 ACADEMIC COURSES

DAN 123 : DANCE EXERCISE I










In this course, students participate in dance-related exercise with an emphasis on physical fitness. Based on individual skill levels, students will learn correct techniques to increase flexibility, mobility and strength. Students will also explore the relationship between exercise and health as they pursue their individual fitness goals. This course may be completed for credit up to a maximum of two times.

Level I Prereq: No Basic Skills

Description	Hours
Credits	1
Lecture Hours	0
Clinical Hours	0
Lab Hours	0
Other Hours	30
Total Hours	30

Accurate as of 05/30/2023 Information is subject to change without notice.

Class offerings by semester

	Winter	Summer	Fall
Even Years (2022, 2024, 2026)			
Odd Years (2023, 2025, 2027)			
 Class (before	5		p.m.) Day
 Class (after	5		p.m.) Evening
 Online Class Revised: 3/30/23			
Please refer to the course schedule to see the specific time and platform for which the course is offered.			

Swipe left to see full chart