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## 2024-25 ACADEMIC COURSES

### DAN 123 : DANCE EXERCISE I

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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 Prerequisite: No Basic Skills

**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 03/26/2025 Information is subject to change without notice.