
2024-25 ACADEMIC COURSES

DAN 223 : DANCE EXERCISE II

In this course, students participate in advanced dance-related exercises, 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; DAN 123 minimum grade "C"

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

Accurate as of 02/28/2024 Information is subject to change without notice.