Nebraska Wesleyan University

HHP 031 Fitness Walk/Run

Catalog

2011-2012

Course Description

A course designed to improve cardiovascular endurance through individual workouts, and to introduce students to fitness-related principles. May be repeated for maximum of 2 credit hours.

Pass/Fail only.

(Normally offered each spring semester.)

Course Hours

1 hours

Departments

1. Health and Human Performance